Artists hosting colouring party

ART

Event held to launch books by FitzGerald and Bangay



Yvette d'Entremont
Metro | Halifax

Artists Emma FitzGerald and Meghan Bangay are hosting a party of a different kind at Seven Bays Bouldering on Gottingen Street this Thursday.

Colouring sheets, postcards and kid-friendly couches are being rolled out for a colouring party and book launch intended to get people in an east coast frame of mind.

On the heels of her 2013 adult picture book Hand Drawn Halifax, FitzGerald is celebrating the launch of her adult colouring book, Hand Drawn Halifax: The Colouring Book.

The new book is described by Formac Publishing as a colouring book "to relax and inspire with affectionate images of the beautiful buildings, places and the people of Halifax."

FitzGerald's co-host for the event, Bangay, is launching her first book, The East Coast Way of Life. That colouring book celebrates all four Atlantic provinces.

"I didn't do any drawings specifically for the colouring book. They were either from the (first) book or from my images for my house portraiture business," FitzGerald said in an interview Wednesday.

FitzGerald said all her sketches were inspired by visits to a wide range of Halifax Regional Municipality communities, including North End Halifax, Clayton Park and North Preston. She wanted to ensure her images were varied, so she sketched houses, shops, people and places.

"I got to put in some drawings that had not made it in the colouring book ... to make it interesting for people," she said.

Those new images include a wall from the city's old library building and a temporary healing garden that was created in memory of gay rights activist Raymond Taavel.

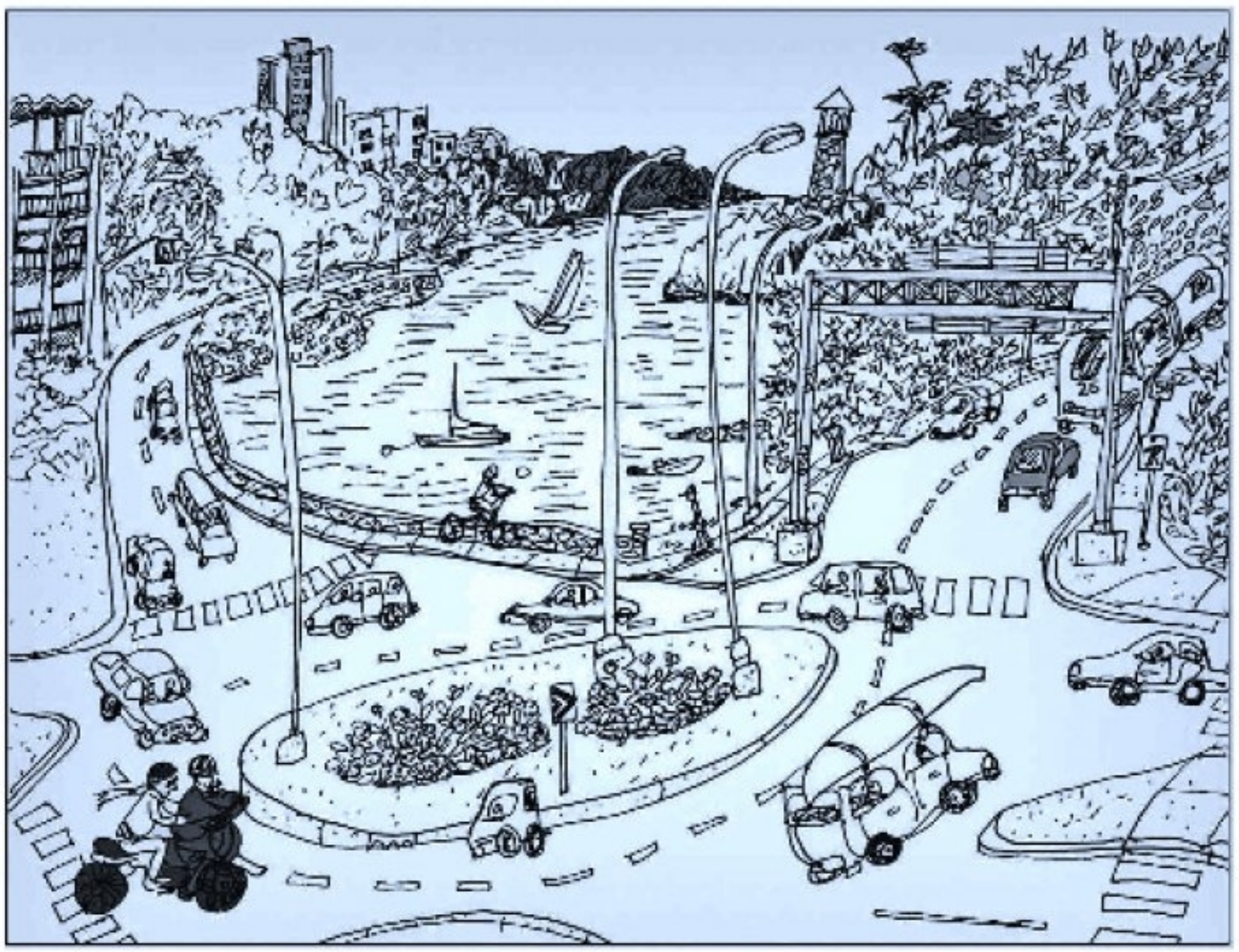
"I actually did a drawing of the rocks spelling out the word Namaste," she said.

"We ran out of room in the original book, but to have it in this book I think is really special especially because that rock garden has now been moved."

Both FitzGerald's and Bangay's books will be available for purchase at the launch.

Although colouring supplies will be on hand, participants are encouraged to bring their favourite crayons and colouring pencils.

The event runs from 6 p.m. to 9 p.m. at Seven Bays Bouldering, 2019 Gottingen St. in Halifax.



Metro readers! We want you to colour this sketch from Emma FitzGerald's new colouring book Hand Drawn Halifax: The Colouring Book. Tweet your handiwork to us at @metrohalifax and we may share it with our readers. CONTRIBUTED



Local artist Emma FitzGerald CONTRIBUTED

> **I got to put in some drawings that had not made it in the colouring book.**
> Emma FitzGerald

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CONSTRUCTION

Dal researchers study use of tires in soft soil

Researchers in Halifax are seeing whether material from recycled tires could be used to strengthen soil and help the construction industry.

Hany El Naggar at Dalhousie University is leading a team of international students in assessing how so-called tire derived aggregate, which is made from recycled tires, can enhance the strength of soil for engineering projects like bridges, buildings and highways.

The professor at the Department of Civil and Resource Engineering says there are a lot of soft soils in Nova Scotia that are too weak to support infrastructure.

He says mixing the aggregate with soil reinforces the strength of the foundation soil, allowing it to be built on without any risk that it will fail.

Environmental engineer Jim Simmons says the research could make Nova Scotia a world leader in resolving the environmental and health issues related to scrap tires.

THE CANADIAN PRESS

DANGERS

- Scrap tires are breeding grounds for mosquitoes and can be sources of pollutants when they catch fire, creating a need for an environmentally friendly way of disposing of the tires.

BURN BAN

All fires banned in Halifax Regional Municipality

The burn ban is back for all of Halifax Regional Municipality.

The province updated its burn restrictions map Wednesday afternoon, banning all fires in HRM, along with Hants, Lunenburg and Queens Counties.

The rest of the province is restricted, meaning domestic brush burning and campfires are only permitted between 7 p.m. and 8 a.m., and fires in campgrounds are permitted.

Environment Canada's weather forecast calls for sun and temperatures in the high 20s on Thursday and Friday.

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THE REPUBLICAN CONVENTION
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metroNEWS

Your essential daily news | WEEKEND, JULY 22-24, 2016 High 24°C/Low 18°C Partly cloudy

metroFOCUS SEXUAL ASSAULT IN CABS

Do you feel safe alone in cabs?



Absolutely not. There is no way. I would rather walk home by myself. It's happening to so many women. I think that they are entirely unsafe.

Estelle Wigg



I do to a certain extent because usually when I take cabs it's at night, so it's either walking home if I'm by myself from the bar versus being in a cab.

Ashley Barr



I've never taken one alone. I was always with my friends.... I hadn't heard about the sexual assaults but it's true that I have never felt unsafe.

Lilimae Mpiana



I feel really safe. Every time I've taken a cab I'm always with my friends. Alone I think I'd feel safe, too. I really have had good experiences.

Auoyao Zhan

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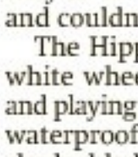
Your essential daily news

NBA pulls all-star game out of Charlotte over homophobic law. **Sports**

A chance to 'open her world'

CEREBRAL PALSY

Children's Wish gives little girl all-terrain wheelchair



Haley Ryan
Metro | Halifax





1 Jamie-Lynn Spears, 8, enjoys her new wheelchair as she holds her mother Helene Eldridge's hand. Children's Wish co-ordinator Jacob Rafuse, centre, speaks with Alicia and Kyle Spears at Harding Medical in Bayers Lake on Thursday. JEFF HARPER/METRO

2 Jamie-Lynn poses with her father, Kyle. JEFF HARPER/METRO

Helene Eldridge knelt beside her daughter's new wheelchair, taking her hand and moving a strand of hair from behind a strap.

"Remember the trail you couldn't go on before? We'll go soon," Eldridge said as Jamie-Lynn Spears, 8, smiled slightly from her pink Hippocampe chair.

The Lake Echo girl, who was born with severe cerebral palsy, was given the new all-terrain chair on Thursday morning at Harding Medical in Bayers Lake, thanks to the Nova Scotia chapter of The Children's Wish Foundation of Canada.

"This is one of the most amazing triumphs that we've had. This is something that's going to open her world," Eldridge said after the presentation.

Eldridge said she and Jamie-Lynn's dad, Kyle Spears, first rented the special chair at the IWK Health Centre but they're in very high demand and couldn't be used for long.

The Hippocampe has large white wheels for beach-going and playing in the waves, sturdy waterproof frame, canopy for shade, blades for skiing in the winter, and thick tires for going on trails in the woods or over surfaces like snow and ice.

Although traditional wheelchairs are useful for having Spears work on her posture by sitting up straight, Eldridge said they're constricting over long periods of time and one can feel every little bump even when walking down the sidewalk.

"We also need to have her comfortable and enjoying life, so this is definitely a good one for us," she said.

She also can't wait to try taking Spears out on the bunny hill at Martock in the chair, Elridge said, if the ski hill gives them the go-ahead.

"(Kyle's) parents have a camp back in the woods… and this gives them the ability to actually take her out and explore," Eldridge added.

> **She's going to be able to do so much more than before.**
> Helene Eldridge

The chair will also make navigating around HRM in the winter much easier, Kyle said, since beforehand they could only take Jamie-Lynn into the car, then directly into another building or store.

"You really didn't go anywhere because there was nowhere you could take her," Kyle said.

He said that it was just by chance that the family applied to The Children's Wish Foundation after a friend urged them to look into it, since they hadn't thought they were eligible.

They were approved a month ago, and Kyle said they were so happy to hear the news since they likely couldn't have gotten the chair on their own.

A Hippocampe like Jamie-Lynn's with the wheels and canopy is shipped from an American supplier and costs about $9,500, said Bruce Chisholm, Harding Medical branch manager.

It's always "amazing" to be involved with Children's Wish events, Chisholm said, and the chair not only means an improved quality of life for Jamie-Lynn but her parents and family who can bring her with them on any adventure.

"This is kind of a life changer," Chisholm said.

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CONSTRUCTION

Cogswell redesign traffic plan laid out



Haley Ryan
Metro | Halifax

Municipal staff showed a Halifax regional council committee how the Cogswell Interchange Redesign project will impact traffic in the city at a meeting on Thursday.

Construction isn't set to begin until 2019, but those in charge of the project made a presentation Thursday to the Transportation Standing Committee on how they plan to keep traffic moving in the downtown core.

The project will involve tearing down the existing infrastructure surrounding the intersection of Cogswell Street, Hollis Street, Barrington Street and Upper Water Street. It'll be done in phases, with various streets in the area being shut down and reopened as it goes on.

Construction is expected to take three and a half years, and the specifics of when those streets will open and close are unknown.

"We're still making projections and assumptions based on data from a three-year-old report," project director John Spinelli told the committee.

Spinelli said a design consultant should be hired in September, and then his team will be able to firm up more details.

One detail that many councillors weren't so sure about was the rerouting of transport truck traffic through the municipality.

The plan is to move trucks that would usually follow Barrington Street from the Bedford Highway or the MacKay Bridge through the peninsula — from Massachusetts Avenue, to Robie Street, to Bell Road, to South Park Street to Morris Street.

"I'll never support this route," deputy mayor Matt Whitman said during the meeting.

"I wouldn't even drive home that way today. That is probably the worst possible way to get out of town."



The Cogswell Street interchange. METRO FILE

TRANSPORTATION COMMITTEE

Hollis Street bike lane safety making progress

The bike lane on Hollis Street could be safer next spring.

The Transportation Standing Committee voted at its meeting Thursday for a staff report "to help facilitate a Hollis Street Bicycle Lane protected pilot project in spring of 2017."

The motion stems from a request from the Halifax Cycling Coalition to prevent people from parking in the Hollis Street bike lane, which was installed last spring.

The Cycling Coalition estimated the cost of installing protected posts on Hollis Street to be $15,000 to $20,000.

ZANE WOODFORD/METRO



Via Rail has expressed interest in running a commuter rail in Halifax, says Coun. Tim Outhit. JEFF HARPER/METRO

Via's commuter rail plan chugging along

TRANSPORTATION

Committee to explore the unsolicited proposal



Zane Woodford
Metro | Halifax

Halifax's Transportation Standing Committee voted Thursday to take a step towards negotiating with Via Rail for a commuter rail service in the municipality.

The matter was dealt with for about half an hour behind closed doors during the in-camera portion of Thursday's meeting.

The committee unanimously voted in favour of the motion to "direct staff to further explore the unsolicited proposal regarding commuter rail in Halifax Regional Municipality, and that staff return to Regional Council with the results of the discussion for further consideration."

Committee chair Coun. Tim Outhit told reporters afterwards that the issue had to be dealt with in camera in part because of a request from Via Rail "because of some industry-sensitive information" that they'll be sharing with the municipality. But he said councillors were working to get the details out to the public soon.

"I think the main reason why we'd like it to move forward is that we'd like to know how much we can share with the people and how soon," he said.

The details for now are hazy, other than that Via is interested.

"They would like to run it, in theory," Outhit said.

"In theory they believe they can do it for a lot less money than it was predicted in the recent study, but that's really just a high-level expression of interest right now."

Outhit said he hopes council will be able to direct staff to begin negotiations with Via at a meeting early next month. Without that direction from all of council, staff can only continue to do research on commuter rail in general.

VIA'S RESPONSE

Via Rail was tight-lipped when asked for comment on that expression of interest.

"Via Rail is collaborating with the City of Halifax and looking at ways to assist and support the City with its plans for a commuter service," said Via Rail spokesperson Mylène Bélanger in an email Thursday.

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Second teenager charged in Joseph Cameron death

INVESTIGATION

Boy, 15, to face first-degree murder charge



Haley Ryan
Metro | Halifax

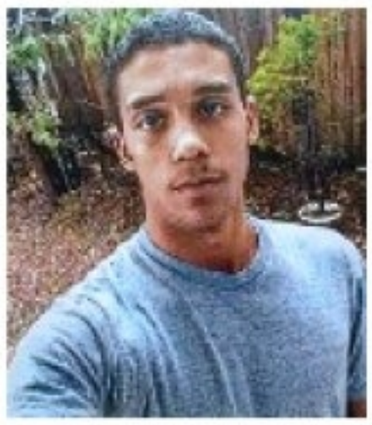
Police have charged a second teenage boy in connection with the killing of Joseph Cameron.

In a press release issued Thursday morning, Halifax Regional Police said they arrested a 15-year-old boy from Dartmouth without incident at 10:42 a.m. on Wednesday.

The 15-year-old was scheduled to appear in Halifax provincial youth court on Thursday to face a first-degree murder charge.

Cameron, 20, was found lying on a sidewalk at the corner of Mount Edward Road and Spring Avenue in Dartmouth at around 5:20 a.m. on March 29.

A 17-year-old boy was arrested June 23 at a residence on Spring Avenue in Dartmouth and questioned by police in connection with the homicide. He was later released without charges.



Joseph Cameron FACEBOOK

On July 7, a different 17-year-old boy was arrested without incident in London, Ont.

That boy, also from Dartmouth, was returned to Nova Scotia from Ontario and was also scheduled to appear in Halifax provincial youth court on Thursday to face a first-degree murder charge and weapons charges.



Police search an area on Mount Edward Road in Dartmouth after Joseph Cameron was shot to death in March. JEFF HARPER/METRO FILE

NEW GLASGOW

Murder case back in court in August

The case of a New Glasgow man charged with murder returns to Pictou Provincial Court in August.

Robert Jason MacKenzie, 36, charged with second-degree murder in relation to the death of 33-year-old Nicole Campbell on Dec. 30, appeared via video link on Thursday.

The defence noted they had received more disclosure from the Crown and asked for a brief adjournment to review the information before setting dates for a preliminary inquiry.

After one member of the public gallery made a comment following the suggestion of a new date in August, Judge Del Atwood told the courtroom that cases of this nature take time and that MacKenzie and his lawyer have a constitutional right to review the information before a plea is entered.

Another member of the gallery told the courtroom that they understand the process — however the first date suggested of Aug. 10 for MacKenzie's next appearance was very close to Campbell's birthday.

Campbell's body was found by police in a New Glasgow apartment on Temperance Street after they responded to a 911 call on Dec. 30.

In addition to the second-degree murder charge, MacKenzie is accused of stealing prescription medication while armed with a knife, between Nov. 30 and Dec. 17, 2015.

His next appearance will be Aug. 16. TC MEDIA

ACCOUNTABILITY

Police watchdog looking into use of excessive force



Zane Woodford
Metro | Halifax

The province's police watchdog is looking into an allegation of excessive force after an arrest by Halifax Regional Police in June.

According to a release, officers arrested a man for breach of the peace 2 a.m. on June 3 after he approached and yelled at them at the scene of a noise complaint.

On June 14, the man called to complain that "one of the officers involved had used excessive force causing physical harm."

Police referred the complaint to the Serious Incident Response Team (SiRT) on June 18 after receiving the man's medical records.

According to a release from SiRT, those records show the 46-year-old man "suffered a punctured ear drum and possible non-displaced fracture of his jaw bone from the incident."

"As those injuries meet the definition of serious injury, SiRT has opened an investigation into the matter," the release says.

SiRT is responsible for investigating all serious incident involving police in Nova Scotia.

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metroFOCUS SEXUAL ASSAULTS IN CABS

‘It’s just unnerving all around’

INVESTIGATION

As wave of cab attacks goes on, police trying to reassure women



Yvette d’Entremont
Metro | Halifax

Following the sixth reported sexual assault of a woman by a cab driver in Halifax this year, police say they continue to work hard to find whoever’s responsible.

“They (women) have done nothing wrong. They’re doing the right thing. They’re taking a cab because they’re trying to be safe,” Halifax Regional Police spokeswoman Const. Dianne Woodworth said in an interview Thursday.

“For the most part the cab drivers are professional. They’re good people. So we’re really trying to figure out who this person is or who these persons are and put an end to this because it’s just unnerving all around.”

Police said the most recent incident occurred on July 15 and was reported to them on July 19. This was the sixth sexual assault by a cab driver reported so far this year, and is the third since July 9.

“Of course there’s concern. We’re concerned. This is far too many. One’s too many. But we’re hesitant to give tips because the women aren’t doing anything wrong by taking a cab,” Woodworth said.

“But if you make note of the roof light, the company, if you start to feel uncomfortable with the driver, call somebody, get on your phone. Or if you feel you’re in danger, call 911. Or ask the driver to stop and get out right away and call us.”



Women in Halifax have expressed concern over the spike in sexual attacks in cabs. GETTY IMAGES

Metro spoke to women on the streets of Halifax on Thursday afternoon. Although most expressed concern about the assaults, the majority said it wouldn’t deter them from taking cabs alone.

“I have always had really good experiences in the cabs I’ve been in. I’ve been living in Halifax for about three years and I’ve never had an incident or issue and I’ve never felt uncomfortable with any of the cab drivers I’ve driven with,” said Sarah Peel, 25.

“They’ve always been more than kind. The reports are concerning, but my personal experiences have always been good.”

> **There’s heightened awareness ... People are continuing to commit these offences. That’s alarming.**
> Jackie Stevens

Jackie Stevens, executive director of Avalon Sexual Assault Centre in Halifax, said it’s difficult to know if these incidents are increasing in frequency or if it’s just that more people are reporting them.

“What does concern me is the fact that it is in the public realm right now, people are aware and it is being reported, and there’s heightened awareness but it’s still continuing,” Stevens said.

“People are still continuing to commit these sexual offences. That’s alarming, the fact that there are some cab drivers who are purposely targeting people accessing their cabs.”

Stevens said it’s important to reiterate the onus is always on the individual committing the sexual offence. She believes more education of drivers is part of the solution.

“When you’re accessing a professional service you assume you’re going to be safe, treated respectfully, and this isn’t being the case,” she said.

“This does need to be addressed with the individual drivers at the company level and by the (taxi) association because they’ve got a serious problem happening here.”

STEM THE TIDE



Zane Woodford
Metro | Halifax

Committee order report, look at range of options to make streets safer

A standing committee of Halifax regional council asked on Thursday for a staff report on what it can do to stop a rash of alleged sexual assaults in taxi cabs in the municipality.

The Transportation Standing Committee met Thursday afternoon, in the wake of yet another police report of an alleged sexual assault in a taxi in Halifax — the sixth reported in the city this year.

Coun. Russell Walker made a motion at the meeting to ask for a staff report “for a strategy on moving forward making taxis safer, including but not limited to universal education, in-car cameras, and barriers.”

A friendly amendment from Coun. Waye Mason also added “bylaws changes” to that list of actions to be considered.

Mason is hoping to change the existing laws to make sure that cab drivers convicted of sexual assault don’t ever get their taxi licences back.

The committee passed the motion, asking for a staff report to come back to the committee with options.

2014 Hfx No. 431965

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1 Harness the power of Pride

This is the final weekend of Halifax Pride events, with Friday night kicking off festivities with The Grind outdoor dance party at Garrison Grounds hosted by Adore Delano from RuPaul's Drag Race and DJ Alain Jackinsky. The popular 29th annual Pride Parade takes over downtown Halifax on Saturday along Barrington Street and Spring Garden Road from 1 to 3 p.m. Then there's a closing night Wet Spot dance party at Garrison Grounds, and on Sunday the Pride Family Picnic is held at Sullivan's Pond, with a wind-down party at Menz & Mollyz that night. Check halifaxpride.com for details.
All weekend



5 THINGS TO DO IN HALIFAX THIS WEEKEND

Options abound on a packed mid-summer schedule in the city over the next three days. The annual Afrifest and Trunk 7 Music Festival add to the Pride Parade fun, as well as a craft show in Victoria Park and some cricket capers.

HALEY RYAN METRO / PICTURES: METRO FILE/CONTRIBUTED



2 Trunk 7 Music

Talent from the Eastern Shore will be on display this weekend at the Trunk 7 Music Festival, running Friday to Saturday at the Eastern Shore Community Centre at 67 Park Rd. Local favourites The Stanfields are set to headline the event with an acoustic set on Saturday night, while other styles performed over the weekend will include Gaelic, country, hip hop, folk, rock, bluegrass, dance and blues. With 40 acts spread over the weekend, there's sure to be lots for everyone. A weekend pass costs $45, while Friday evening is $18, and Saturday starting at 1 p.m. is $32.75. Go to trunk7musicfestival.com for a full lineup.
Friday and Saturday

3 Afrifest

The annual African Festival of Arts and Culture returns to the Halifax waterfront's Sackville Landing on Lower Water Street this Friday through Sunday. Afrifest features performing art from the diasporas of Nigeria, Ghana, Sudan, Gambia, Uganda, Somalia, Ethiopia, Sierra Leone, the Caribbean and more. Works on display include visual arts, drumming, jazz, hip hop, gospel, DJ-ing and spoken-word. Mary's African Cuisine will be on hand to serve up delicious chicken stew, black-eyed peas and fried plantain. Events begin at 4 p.m. Friday and 11 a.m. Saturday and Sunday. Go to afacs.org for details. **All weekend**





4 Grab a wicket!

The Halifax North Commons field will be home to a major cricket tournament, the Eastern T-20, from Friday to Sunday. The Nova Scotia Cricket Association says it's the biggest cricket tournament in Atlantic Canada, with teams from Quebec, Newfoundland, New Brunswick and Prince Edward Island playing one another to become regional champions. Come out and support Team Nova Scotia as it looks to hang on to the trophy. Matches are 9 a.m. to 6 p.m. on Friday, while Saturday and Sunday are 8 a.m. to 8 p.m. Check novascotiacricket.com for details.
All weekend



5 Crafts Council

Pottery, jewelry, textiles, art and much more will be on display Friday to Sunday for the Nova Scotia Designer Crafts Council (NSDCC) summer craft show at Victoria Park on the corner of Spring Garden Road and South Park Street. Attendees will spot hand-dyed silks, handwoven jackets and hand-turned wooden bowls that could make a great wedding gift. Demonstrators will be on hand to show stitching, basketry spinning and weaving skills. Admission is free and the show opens at 10 a.m. each morning, running until 8 p.m. on Friday, 6 p.m. on Saturday, and 5 p.m. on Sunday. **All weekend**

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WINERY ASSOCIATION OF NOVA SCOTIA

Local wines garner award for excellence



Kristen Lipscombe
Metro | Halifax

Looking for some delicious summer sips?

You'll want to try a 2015 bottle of Tidal Bay from Avondale Sky Winery, 2015 bottle of Riesling from Gaspereau Vineyards and 2014 bottle of Ancienne Chardonnay from Lightfoot and Wolfville Vineyards.

All three received the Lietuenant Governor's Award for Excellence during a ceremony held Thursday at Government House.

Lt.-Gov. J.J. Grant established the award in 2014 to recognize, "the exceptional quality of locally sourced and produced wines," and honour "the dedication and craft of those in Nova Scotia's vibrant wine industry," a provincial government news release said.

This year's award-winning wines were selected via blind tastings by an independent panel of industry experts, the release said. Winery Association of Nova Scotia and Taste of Nova Scotia members were invited to submit up to three commercially available wines, with 100 per cent Nova Scotia content.

"Every bottle of Nova Scotia wine tells a story about our unique… winemakers, the influence of our land and sea as well as our industry's innovation," Taste of Nova Scotia executive director said Janice Ruddock said in the release.

"Nova Scotia winemakers continue to elevate the quality of their wines and demonstrate to consumers that there are tremendous wines being produced in this province," Winery Association of Nova Scotia manager Gillian Mainguy added.

GAMBLING

Province sees jump in gaming revenue

Nova Scotia's gaming revenue has jumped up, according to a report released Thursday by the provincial government.

Provincial revenue went up 14.8 per cent, to $160.7 million in 2015-16, compared to $140 million in 2014-15, the Nova Scotia Annual Gaming Report says.

14.8%

Revenue increased 14.8 per cent to $160.7 million in the last year, according to the Nova Scotia Annual Gaming Report.

Commercial revenue rose 7.5 per cent, to $67.4 million in 2015-16, compared to $62.7 million in 2014-15, according to the report.

Charitable revenue also increased, up 18.3 per cent to $33.5 million, compared to $28.3 million.

Earlier this year, Nova Scotia's opposition parties questioned the Liberal government's commitment to responsible gambling after the province estimated the gaming revenue increase in its budget, largely due to use of video lottery terminals.

Two years ago, the provincial government scrapped its My-Play program, which allowed VLT users to set voluntary spending and time limits, claiming it failed to meet its objective and was wasting money.

KRISTEN LIPSCOMBE/ WITH FILES FROM THE CANADIAN PRESS



Officers from the Canadian Coast Guard ship Louis S. St-Laurent walk along the jetty at the Bedford Institute of Oceanography in Dartmouth on Thursday. The vessel is leaving on an international northern expedition. ANDREW VAUGHAN /THE CANADIAN PRESS

Icebreaker on critical mission to North Pole

MARITIME BOUNDARIES

Canada sends largest vessel for geological survey of shelf

Canada's largest icebreaker is preparing for a critical expedition to the North Pole, marking the country's final mission in the High Arctic before making an official claim to the barren, but strategically important area at the top of the world.

The Canadian Coast Guard Ship Louis S. St-Laurent is scheduled to leave Halifax harbour on Friday, carrying a team of international — and somewhat excited — scientists and high-tech gear for mapping the ocean floor.

The data collected will be used to define the outer limits of Canada's continental shelf in the Arctic Ocean.

Once the data is analyzed, a submission is expected to be presented to the Commission on the Limits of the Continental Shelf in 2018.

"This work cannot be overstated — it is fundamental to an exercise in Canadian sovereignty and to establish Canada's last maritime boundary line," federal Fisheries Minister Dominic LeBlanc said Thursday as he stood on a sun-drenched jetty beside the hulking ship.

"This is especially important in the Arctic region, which is facing unprecedented change from both an economic and an ecological perspective."

> "(The collected data) is all new knowledge that people have never seen before.
>
> Mary-Lynn Dickson, Geological Survey of Canada

For some of the scientists on board, the trek to the pole will provide a rare opportunity to see things that have never been seen before.

"The Arctic Ocean is the smallest ocean in the world but the least studied," said Mary-Lynn Dickson, a director at the Geological Survey of Canada.

"From a geological perspective, any data that we collect when we're out on the ship is all new data. It's all new knowledge that people have never seen before. So the excitement for me and our team... when we roll out the big maps and we're looking at it — the excitement is palpable."

Once at the top of the world, Dickson said she plans to get off the ship — if the ice is stable — and walk around the pole, a stroll that will effectively take her around the world and through every time zone.

THE CANADIAN PRESS



TOYOTA

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CRIME

Fourth suspect charged in assault case



Kristen Lipscombe
Metro | Halifax

Halifax Regional Police have arrested a fourth man in connection to an aggravated assault that happened earlier this month.

Officers arrested Brady Wheeler, 21, of Dartmouth without incident after pulling him over at about 1:20 a.m. on Thursday morning, just before the MacKay Bridge on Highway 111, police said in a news release.

He was scheduled to attend Halifax provincial court later Thursday to face charges of aggravated assault, possession for the purpose of trafficking cocaine and marijuana possession, said the release.

The aggravated assault took place July 2, with Halifax Regional Police called to Grafton Street near Prince Street at about 2:50 a.m. Upon arrival, they found a 21-year-old Dartmouth man suffering from serious facial injuries. He was taken to hospital, where his injuries worsened, police said.

About three hours after the assault, police officers responded to "another unrelated altercation," where they found the suspect vehicle and arrested Ky McKenna-Brown, 18, of Dartmouth in relation to the earlier aggravated assault, the release said.

Police also arrested Bryce Anthony Brooks, 19, of Halifax just before midnight on July 4 and Gregory Dylan Farrell, 20, of Dartmouth at about 6:30 p.m. on July 6, in relation to this incident.

The investigation continues, so anyone with information is asked to call Halifax Regional Police at 902-490-5016 or Crime Stoppers anonymously at 1-800-222-8477.



Leslie Douglas Greenwood at a previous court appearance in Kentville. TC MEDIA

Court dates set in Hells Angels trial

DOUBLE HOMICIDE

Accused given second chance to challenge alleged murder

Leslie Douglas Greenwood will soon have a second chance to plead his case.

The Nova Scotia man challenging two counts of first-degree murder in relation to a double homicide case in Hants County appeared in Kentville provincial court July 20 for a status update.

Greenwood, 46, stands accused of the murders of Barry Kirk Mersereau and Nancy Paula Christensen, a Centre Burlington couple found shot to death in their home in September 2000.

On July 20, a pretrial conference was set for Sept. 1 at 1 p.m., and voir dires were scheduled for Oct. 24-26 and Dec. 13-14.

Greenwood was originally convicted of the charges before the court at the close of a three-week Supreme Court jury trial in May 2012, but the Nova Scotia Court of Appeals ruled to have the convictions overturned in September 2014 due to hearsay evidence.

Greenwood, originally from Colchester County, has resided in East Mountain, Pictou County and Bramber, Hants County. TC MEDIA

IN BRIEF

Police seeking details of Dartmouth knife attack

Police are looking into a knife assault that took place in Dartmouth Wednesday night.

Officers say they responded to a disturbance in the 100 block of Brad Dor Lane at 11:48 p.m., and found an 18-year-old male in a nearby parking lot with non-life threatening wounds to his head and shoulder.

The victim was treated in hospital and released. Police did not receive cooperation about what happened, but the victim and suspect(s) are believed to be known to each other. METRO

Young boy's foot run over while crossing street

Police are investigating after a five-year-old boy was hit crossing Nantucket Avenue in Dartmouth Wednesday.

In a release, police said the boy was with family members and they were attempting to cross the street at 3:55 p.m. They were not crossing in a crosswalk.

An eastbound vehicle ran over the boy's foot. He was taken to the IWK and treated for non-life-threatening injuries. The incident is still under investigation and police said no charges have been laid at this point. METRO



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Just Passing Through into film territory

PRINCE EDWARD ISLAND

Spinoff movie Pogey Beach will continue web series

Work boots aren't normally thought of as beach attire.

But on Pogey Beach — a fictional soap opera based in a beach on Prince Edward Island's north shore — it's not unusual to see an Islander who collects employment insurance sinking their steel toe shoes into the red sand.

After all, they're looking for work — or so they can claim, should a "pogey narc" come around. Pogey Beach is a show-within-a-show. It's beloved by the characters on the web series Just Passing Through, a raunchy comedy based around two small-town Islander cousins, Terry and Parnell Gallant, played by Dennis Trainor and Robbie Moses.

> We never thought in our wildest dreams that it would reach as many people as it has.
> **Pogey Beach co-creator Jeremy Larter**

After garnering more than a million views on YouTube, the producers of Just Passing Through are now looking to create a spinoff — a feature-length film about the people who hang out at Pogey Beach drinking Alpine beer and bragging about who has "top stamp," or the biggest employment insurance cheque.

They've started a Kickstarter campaign to fund the $50,000 project. At publication time, $31,550 had been raised with six days left. Since the release of season one in 2013, Just Passing Through has amassed a cult following of affable Atlantic Canadians who love the show's sometimes self-deprecating humour.

But fans of the two-season series are cropping up country-wide, with the show's very first episode still getting up to 2,000 views per week (it has more than 270,000 views in total). That's without any marketing apart from social media.

P.E.I.'s Upstreet Craft Brewing even made a beer in honour of the show: Top Stamp Honey Brown Lager. "We never thought in our wildest dreams that it would reach as many people as it has," said co-creator Jeremy Larter, a filmmaker who lives in Toronto but grew up West Covehead, P.E.I.



Parnell Gallant, left, played by Robbie Moses, and **Terry Gallant**, played by Dennis Trainor, in a scene from Season 2 of Just Passing Through. HO-JUST PASSING THROUGH/ THE CANADIAN PRESS

The initial idea for Just Passing Through came from watching SCTV spoofs of Goin' Down the Road, the iconic 1970 Canadian film about two Maritimers who move to Toronto in order to find a better life, said Larter.

In season one of Just Passing Through, Terry and Parnell become stuck in Toronto on their way to work in the Alberta oil sands. While in the "Arsehole of Canada," they end up selling homemade moonshine and a pornographic film called Going Down the Red Dirt Road.

The pair are back on the Island in season two for an entire summer on "the pogey." But their rest and relaxation is interrupted when it's announced that P.E.I., New Brunswick and Nova Scotia would merge to form the Maritime Union, prompting Terry and Parnell to rally a beer strike.

The show features plenty of quintessentially Maritime mannerisms, like breathing inward when saying "Yeah" and calling your cousin "counsint."

It has been compared to Nova Scotia's Trailer Park Boys, but vulgar humour and excessive swearing are really the only things they have in common, as Just Passing Through is quintessentially P.E.I., whereas the boys from Sunnyvale could be from anywhere.

Larter said he has heard some complaints over the years that the foul-mouthed show reinforces negative stereotypes about Islanders and the Maritimes. But most people say it makes them proud to be from the East Coast, he said. "We're underrepresented in Canadian culture. You just don't see distinctly East Coast things in television and films very often. Basically almost never," said Larter.

"We call Moncton the 'Arsehole of the Maritimes' and New Brunswick 'No Funswick,' and some of our biggest fans are from those places. They just like being mentioned."

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Fen MacIntosh story is 'still alive'

SEXUAL ABUSE CASE

Filmmakers hope to raise $75K to fund docu-series

Filmmakers working on a docu-series on the Fen MacIntosh sexual abuse case are turning to an online portal to reach out to potential backers for the project.

Sandra Mills and Mark McInnis have launched a Kickstarter campaign in the hopes of raising $75,000 to support the production of Closure: The Hunt for Justice in the Case of Fenwick MacIntosh.

Mills, a high school friend of some of the complainants in the case who has a background working as a producer on national news and current events program, said as she read about all that they had gone through — from the abuse itself to the failures of the justice system — she was outraged.

"I knew that the story had to be told ... from start to finish," she said.

Mills called upon her friend Mark McInnis, who has more than 20 years of experience as both a network executive and independent producer. Together, they've been actively working on the project for about a year, with Mills taking a leave of absence from her job. They have already spent about $20,000 on the documentary, on costs including travel and research.

With the success of true crime docu-series such as Making a Murderer, they determined that a similar approach would suit the MacIntosh story.

"Our story is similar in scope and length of time, and we think a canvas the size of a series of five or six episodes would serve the story best," McInnis said. "The story is still alive. In a way, we don't know what the ending of our story is yet, so we're putting together a project that is open-ended."

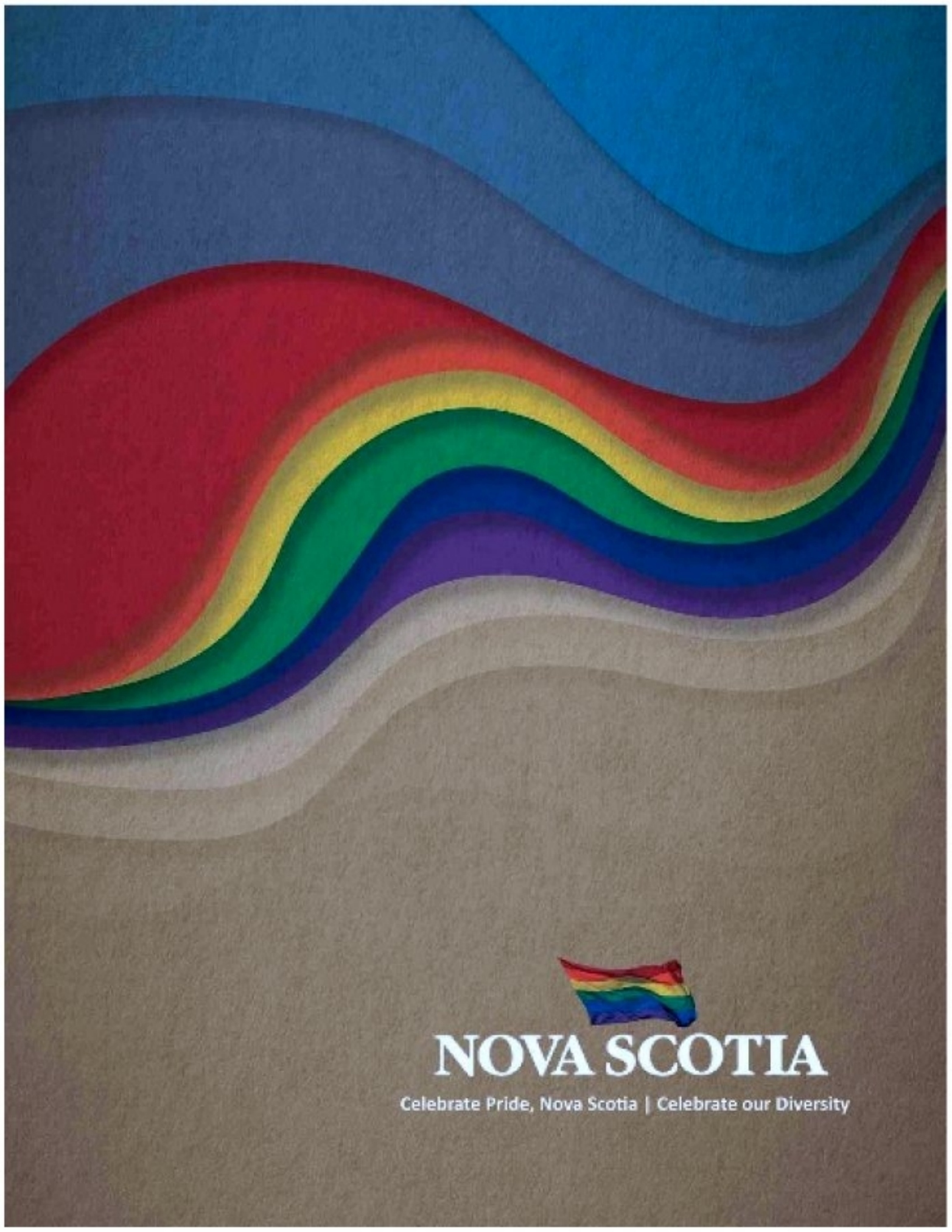
TC MEDIA

TIMELINE

The goal is to deliver the series in December 2017.



Ernest Fenwick (Fen) MacIntosh. THE CANADIAN PRESS



POWER

Main Maritime Link contractor replaced

Emera has found a main contractor for the Maritime Link to be in default, appointing a new company to finish the work tasked to Abengoa S.A.

The move follows Abengoa S.A.'s entrance into creditor protection in late 2015.

Earlier in that same year, the Spanish company was granted a $197-million contract on the Maritime Link project, to connect the power grid of the island of Newfoundland to Nova Scotia.

Financial troubles "have hampered the company's ability to perform its work," according to a statement issued Wednesday afternoon by NSP Maritime Link Inc. (NSPML), a subsidiary of Emera.

"As a result, NSPML was forced to place Abengoa in default and to work with Abengoa's sureties, Liberty Mutual Insurance Company and Zurich Insurance Company (Sureties) to find a replacement contractor," read the statement.

EUS-Rokstad — a joint venture of Emera Utility Services (an Emera Inc. affiliate) and Rokstad Power — has since been selected to complete the work.

"We continue to advance all components of the project in both provinces. With construction of the HVdc transmission lines set to resume immediately, we continue to be on budget and are on target to complete the project by late 2017," said Emera Newfoundland and Labrador's Rick Janega, in the statement.

> **We continue to be on budget and are on target to complete the project by late 2017.**
> Rick Janega on the progress of the Maritime Link project

The Maritime Link interconnection is considered key for Newfoundland and Labrador's power reliability and power sales planned for the coming years.

TC MEDIA

EDUCATION

Dalhousie daycare closure challenged

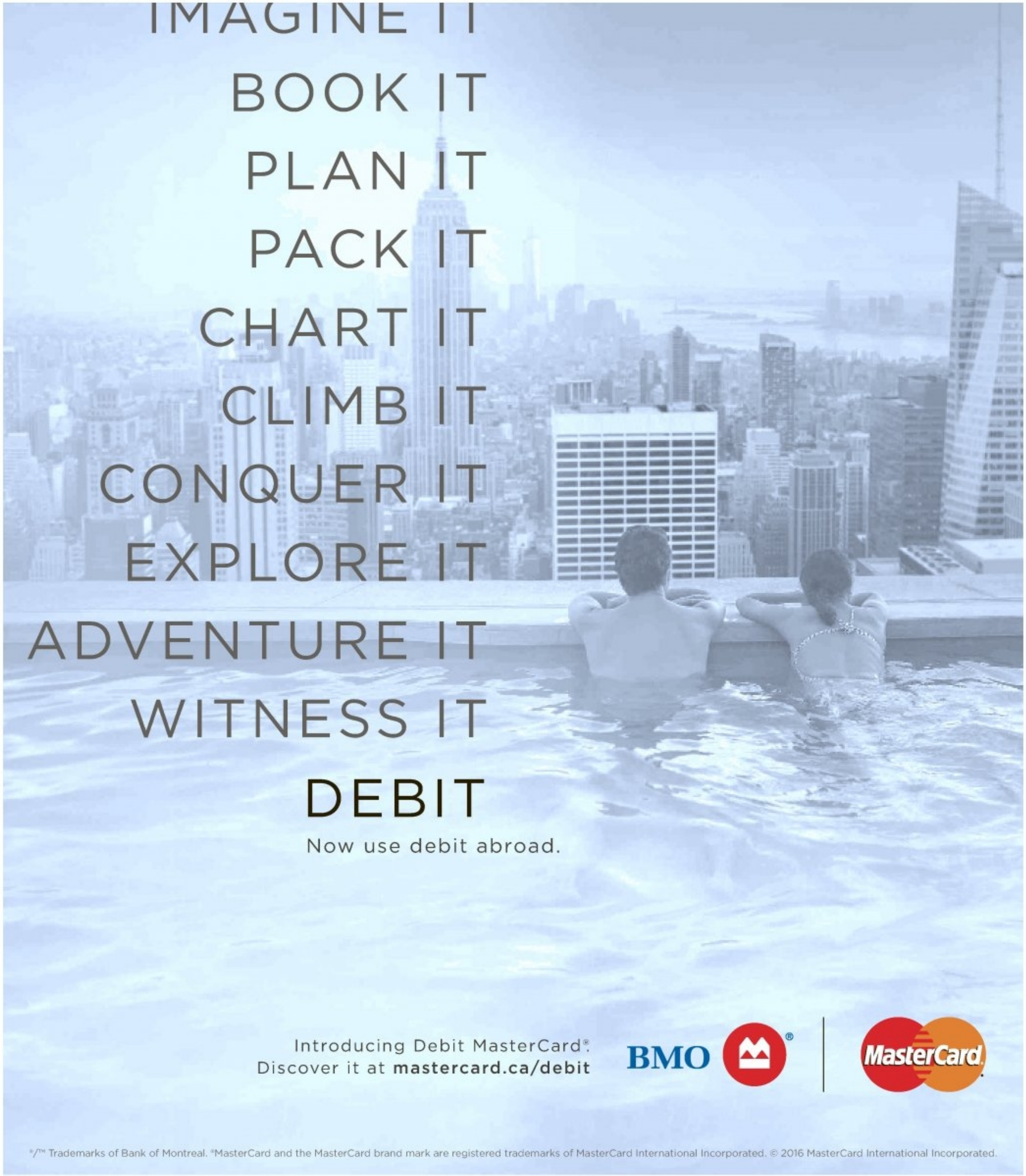
The Dalhousie Faculty Association (DFA) is challenging the university administration's decision to close the daycare centre at the campus, announced in June. The DFA represents more than 900 academic staff at the university. The daycare centre is set to close Sept. 2.

On July 12 the DFA wrote university president Richard Florizone, stating the closure would violate the terms of the collective agreement between the DFA and the Dalhousie Board of Governors. A meeting was held with Florizone July 19.

She is concerned the daycare closure would not only have a negative impact on those currently working on campus, but it could hinder the university's ability to recruit female faculty members in the future.

The parent committee has asked to be involved in working on the daycare's future and local businesses have come forward with offers of help.

TC MEDIA


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Canadian elevators opening 'in a crisis'

TECHNOLOGY

Conditions worsened by less and less maintenance

Every day of the year, Canadians across the country are finding themselves trapped in faulty elevators, while countless more are suffering through inconvenience and isolation because of elevators that are out of service — and the problem is worsening, an investigation has found.

Last year, for example, firefighters in Ontario responded to 4,461 calls to extricate people from elevators — more than a dozen a day — and double the number from 2001.

"I don't think we're heading toward a crisis, I believe we're already there," said Rob Isabelle, a mechanical engineer and elevator consultant to property managers and owners.

"If we look at the reliability of a large number of pieces of equipment, it's really the worst it's ever been."

Among cities, Toronto led the way last year with about 2,862 elevator-rescue calls to 911, but others also had their share of problems.

For example, Montreal firefighters responded to 1,532 such calls, Vancouver responders went to 428 calls, while Ottawa saw 314 in 2014.

Many calls involve rescuing more than one person. Others who find themselves stuck are freed without 911 involvement.

Insiders say the steep rise in problems is partly the result of more elevators — Ontario has seen a 10 per cent increase over the past five years. But the real culprits, they say, are aging equipment and structural issues within an industry dominated by four huge multinationals: Otis, Schindler, Kone and ThyssenKrupp.

> **We're into almost this downward spiral.**
> Rob Isabelle

When it comes to Canada's elevator market, those companies have been in a race to the bottom in their efforts to grab market share, Isabelle said.

Thirty years ago, he said, a technician would typically service about 35 to 45 elevators for about $1,000 per elevator a month. The maintenance contract included everything needed to keep the elevators humming — excluding extraordinary events such as flooding or vandalism.

Nowadays, he said, that same contract might be worth about $600 — with each technician responsible for 100 elevators.

"We're into almost this downward spiral," Isabelle says. "Service technicians are getting loaded up more and more, having less time to do preventive maintenance."

THE CANADIAN PRESS



Canada's Premiers pose for a family photo alongside the Yukon River during a meeting of premiers in Whitehorse on Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

PREMIERS MEETING

Trade deals need more work

The elusive goal of interprovincial free trade remained just that Thursday afternoon as premiers struggled with "a small number" of unresolved issues.

"There are a small number of outstanding issues that are, by nature, very complex," said Quebec Premier Philippe Couillard in Whitehorse where the premiers are gathered for their summer meeting.

"The toughest issues are always left for the end, so it's going to be requiring more work, but I'm not giving up on the possibility of a deal while we are here."

Couillard said a deal could go forward without consensus on the movement of wine and beer, but that wouldn't serve interests of producers or consumers.

"For our citizens, it is something that is important," he said.

Alberta's Rachel Notley and Brad Wall of Saskatchewan met privately over Alberta's recent markup on beer, but deferred the issue to officials.

"We want these issues resolved while we are here," said Couillard, sounding less positive about the possibility than he had earlier in the day. "It would not be useful to come out of here with these issues not resolved." THE CANADIAN PRESS



STOCK #	MODEL	TRIM	WAS	SAVE 35%*	0% FINANCE BWKLY**	COLOUR	TRANSMISSION	OPTIONS
#500577	500	LOUNGE	~~$25,775~~	$16,754	$122BW	Granito Lucente	Auto	Appearance Grp, Beats premium audio
#500574	500	LOUNGE	~~$26,125~~	$16,981	$123BW	Nero Puro	Auto	Power Sunroof, Beats premium audio, satin carbo wheels
#500571	500	SPORT	~~$25,475~~	$16,559	$120BW	Rame	Auto	Comfort & Convenience grp, Power sunroof, Alpine premium audio
#585543	500	LOUNGE	~~$25,830~~	$16,790	$122BW	Rosso	Auto	Leather seats, Power Sunroof
#585542	500	LOUNGE	~~$25,830~~	$16,790	$122BW	Bianco	Auto	Power Sunroof
#585545	500	LOUNGE	~~$25,575~~	$16,624	$121BW	Espresso	Auto	Beats premium audio
#585538	500	LOUNGE	~~$24,080~~	$15,652	$115BW	Nero Puro	Manual	Leather seats, Beats premium audio
#585535	500	SPORT	~~$27,420~~	$17,823	$129BW	Rosso Brilliante	Auto	Power Sunroof, Alpine premium audio, 16" alloys
#585536	500	SPORT	~~$25,425~~	$16,526	$120BW	Nero Puro	Auto	Leather seats, Heated front seats, satellite radio
#585533	500	SPORT	~~$25,070~~	$16,295	$119BW	Verde Azzurro	Auto	Alpine premium audio, Heated front seats, satellite radio, 16" alloys
#585531	500	SPORT	~~$23,575~~	$15,323	$113BW	Nero Puro	Manual	Alpine premium audio, 16" alloys

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QUEBEC

Appeal called 'a lack of understanding'



Jeremy Gabriel CONTRIBUTED

Jeremy Gabriel, a young Quebec artist, expressed disappointment Thursday that comic Mike Ward is appealing a human-rights ruling that requires Ward to pay $35,000 for mocking Gabriel's appearance and singing.

The Quebec Human Rights Tribunal ruled Wednesday that Mike Ward made discriminatory comments about Gabriel's handicap during shows between 2010 and 2013.

Gabriel, 19, has Treacher Collins syndrome, a congenital disorder characterized by craniofacial deformities. He is well-known in Quebec and sang for the pope in 2006. He has also performed for Celine Dion.

In a video of one of Ward's performances, he can be seen calling Gabriel ugly and wondering why he hasn't died five years after getting his wish to sing in front of the pope.

Gabriel said he is disappointed Ward intends to challenge it.

"It's a lack of understanding, on his part, of the reasons for the complaint, the reasoning of the human rights tribunal, and of the cause he claims to defend: freedom of expression," he said.

Gabriel said the case was more about discrimination than free speech.

"In this case, freedom of expression is a false debate," he said. "When you use discriminatory motives that incite hatred, you can't talk about freedom of expression."

THE CANADIAN PRESS



Najim Sheikh Asaad, 12, is eager to take a local boating course after his uncle almost died fleeing Syria by boat. His neighbour Maria Alsahen, 9, is still not convinced it's safe. KEVIN TUONG/FOR METRO

Getting back in the water

REFUGEES

Syrian kids try to love boats again after deadly journey



Alex Boyd
Metro | Edmonton

"Whenever they say 'boats,' I have a pain in my stomach," says nine-year-old Maria Alsahen, through a translator.

For kids like her who watched their family, friends and neighbours flee Syria in rickety boats and inflatable rafts, water has become an option only for the desperate.

> **I have some fear in my heart, but I want to get over it by learning.**
> Najim Sheikh Asaad

But now, an Edmonton coach wants to help give these kids back the water.

Alsahen's family arrived in Edmonton on a plane from Jordan after fleeing Syria. Today she still lists off the images she's watched on her mother's phone like it's happening in front of her: Waves, tiny babies, a man kissing his crying wife.

"Boats are not safe," she says.

Enter Zak Mahmoudi.

Mahmoudi is the head coach of the Greater Edmonton Racing Canoe and Kayak Club. On Saturday, the club will bus about 50 Syrian kids and their parents out to Kirk Lake for a day of instruction and, Mahmoudi hopes, fun.

"I want to break that trauma of being scared of the water or seeing water as a threat," he says, pointing out that for many, this will be the first time they've used a boat for recreation.

The club is providing equipment and coaches, and a lot of the club's athletes will be on hand to help.

"They're going to be there, paddling with them, showing them the strokes, making them very comfortable," Mahmoudi says.

Alsahen isn't sure yet if she'll go as she's not yet convinced help will come if something happens. But her neighbour, Najim Sheikh Asaad, 12, is determined to learn.

"If it happens that I am in a situation where people are in the middle of the sea or drowning I want to know how to save my life," he says.

Asaad tells the story of his uncle, who escaped Syria on one of two boats travelling together.

The other boat sank. His uncle's boat managed to save a couple of people, but couldn't get to everyone.

No one in his family knows how to swim, he says, and the only reason he's willing to go near the water now is he's heard this course will have a lot of trained people around.

"I have some fear in my heart," he says, "but I want to get over it by learning."

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Showing Pride



DYLAN WHITE

INSIDE: Students lead the way – The family event – Honouring the victims of Orlando – Your guide to terminology



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'Pride started as a riot not as a party'

'THIS IS WHY'

Does Pride need to be more movement than celebration?

Jennifer Taplin



This year's theme of This is Why has gathered momentum. DYLAN WHITE

It's all a coincidence. But Halifax Pride's theme this year — This is Why — couldn't have been a better fit in a summer with a mass shooting at a gay nightclub in Orlando and protests over inclusivity in Toronto. Willem Blois, Halifax Pride committee chair, said the theme came out of a brainstorming session last winter with The Evolve Festival, their marketing and branding partner.

"One of the major concerns we got was that, like many Pride celebrations around the world, we're moving too far away from our roots. Comments we had from people felt like Pride as a movement around the world was becoming too much of a celebration and not enough of a movement," Blois said. "Pride started as a riot not as a party, basically."

Many people also question the need for Pride when equal marriage and protections for trans people have been accomplished, he added.

"But it's clear to see we still need Pride based on the recent events in Orlando and there's so much prejudice even close to home."

Many events in this year's Pride festival are about telling personal stories. Plus, Blois said they've incorporated the idea in their event listings, which start with the word "because" and include a statement such as "many of us are still fighting to use a bathroom." The theme is also in their posters with slogans like "because... sliding into home in heels is hilarious" to advertise the Dykes vs Divas Softball Game.

> **"I think we've got more attention this year and that will be reflective in the crowds we'll bring in. In terms of programming we've grown quite a bit. We always seem to be growing and bringing in new artists and events."**
>
> Willem Blois, chair of the Halifax Pride committee

They're also selling stickers for people to write their stories on so people can start conversations.

"From what we've put out on social media, the theme has gathered more momentum, taken on more traction than anything," Blois said. "This is my fourth year on the board and this is the best theme we've ever had, in my opinion."



Parade a family event for all ages

Jennifer Taplin



Pride aims to make event accessible to the greatest number of people. DYLAN WHITE

Trying to live up to its rainbow mission statement, the Pride Parade is constantly changing to include everyone.

"We are working on a few different fronts to make the parade more accessible," said Willem Blois, Halifax Pride committee chair.

For the second year Pride will have an accessibility stage set up in front of Halifax Central Library for people in wheelchairs and others who are unable to stand for the duration of the parade. Blois said they made the stage bigger this year.

"We're always trying to make sure that the parade, just like any other of our events, is accessible to the greatest number of people."

It's also a parade where Blois hopes families feel comfortable attending. He said having the Highland Park Junior High Gender Sexuality Alliance as the parade marshals should go a long way to express to families that this is a family event for all ages.

"We always get the one odd call about the parents who said their kid saw a nipple or someone saying they're outraged," he said. "But we're certainly not trying to tone it down. I don't think we've hit a level yet of content where we have to think about that, but as of right now we haven't had a torrent of concerns of explicit material."

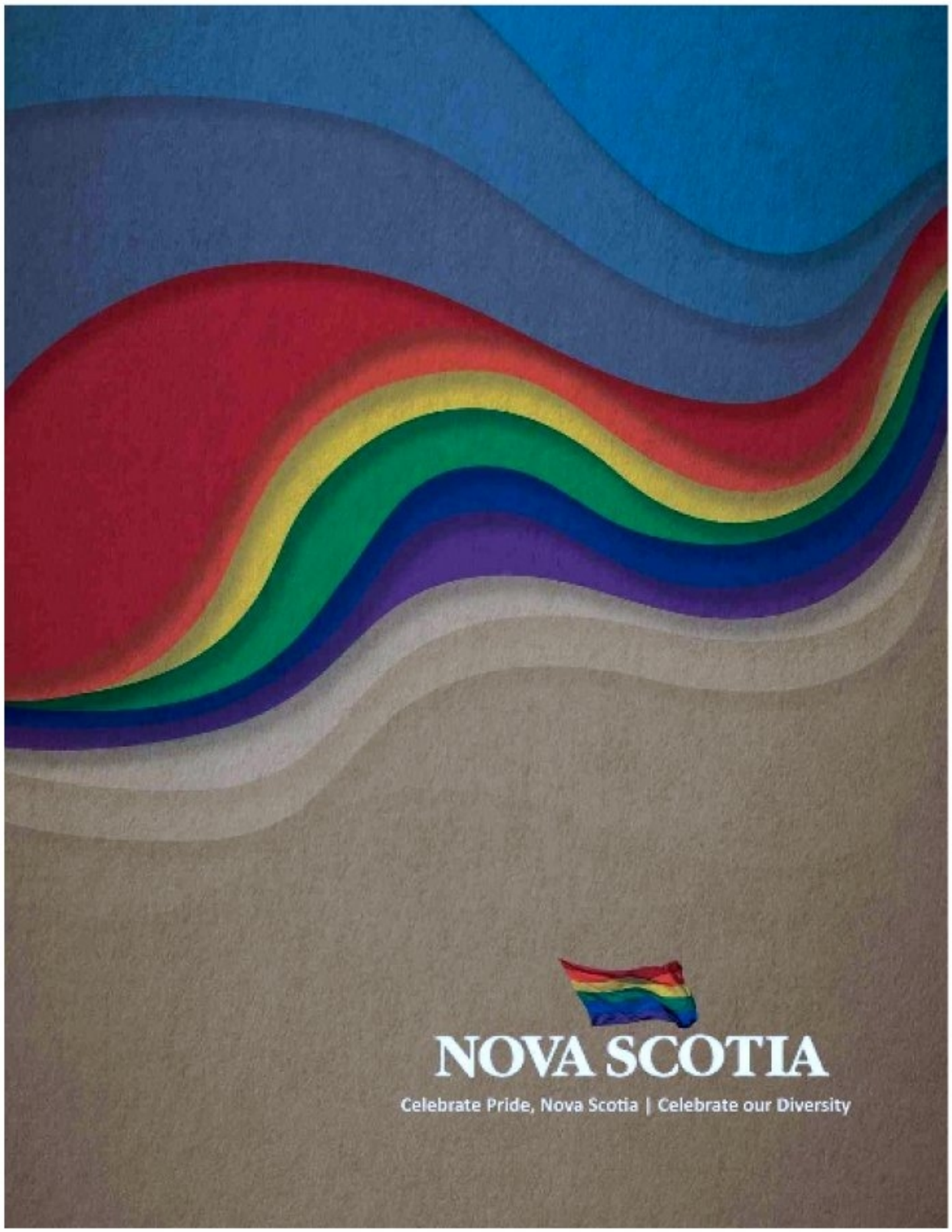








The Highland Park junior high Gender Sexuality Alliance share the honour of being the parade marshal this year. DYLAN WHITE



Student group leads the way

PRIDE PARADE

Highland Park junior high Gender Sexuality Alliance chosen as marshals

Jennifer Taplin

It will be tricky to pick out the parade marshal at this year's Pride parade. That's because the entire Highland Park junior high Gender Sexuality Alliance are sharing the honour.

"I'm very happy and excited because I love everything do with Pride so that just made me really happy when I found out about that," said Danielle Jack, 13.

The group of around 20 kids will be bringing their families along to share in the moment.

"The kids were kind of crazy when they found out," said Ann Marie Danch, educational program assistant at Highland Park Junior High.

She said she's proud of the work the GSA has accomplished in the past few years. It started with providing a hang out space in the school. When a student started questioning their gender she found a very supportive group to talk about it.

"By the time the Pride parade came last summer, the student had gone from being she to they to he. The family was very supportive, and the kids were all over it," Danch said.

They got a gender neutral bathroom and the use of preferred names on class lists. Then last fall they were awarded a Nova Scotia Human Rights Award for their advocacy for transgender rights and awareness.

"They're just a very active group of kids in a small school where there are lots of different challenges with different communities, and many kids coming from a lot of different cultures."

There are 20 to 25 kids in the GSA, which is impressive with a school of only about 130 kids.

While Danch said she isn't quite sure why their GSA was chosen as parade marshals, Willem Blois, Halifax Pride committee chair, sure does.

He said the board was open to doing something different this year. The Youth Project brought up the idea of having a youth marshal and suggested Highland Park GSA.

"We thought this is fantastic. We've spent many years honouring our older community members but I think we realized the work these kids are doing really closely mirrors the work we're trying to do, just on a different level," Blois said.

"I think it's a great choice and we're really happy with it."

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A moment of silence to remember Orlando

TRIBUTE

'We wanted to create a more reflective moment'

Jennifer Taplin

Not long after the parade starts on Saturday, whistles will shrill and the crowd will hush. People will pause and raise their index fingers into the air.

This moment of silence was planned for the parade for the first time this year for everyone to reflect on Pride's history and the future of LGBTQ+ rights. But the shooting at a gay nightclub in Orlando in June that left 49 people dead will no doubt be on many minds during that moment of silence.

"It's a new thing for us this year because we wanted to create a more reflective moment during the parade," said Willem Blois, Halifax Pride committee chair. "It's a logistical challenge and I hope it's going to work out well but it's going to be a little bit dicey."

Toronto Pride did it this year to mixed reviews, Blois said, as some people didn't even notice it was happening.

"I can't comment on how I'll feel during it or how the community will feel but I'm excited to see what it's going to be like."

The Orlando shooting makes Pride meaningful this year. Blois said he remembers very well how he felt last month when the events unfolded.

"In terms of emotion that goes into planning the event it certainly opens wounds for the queer community that have closed a little bit now," he said.

Most of the planning for this year's festival was already locked into place when the shooting happened but it gave them renewed meaning, Blois said.

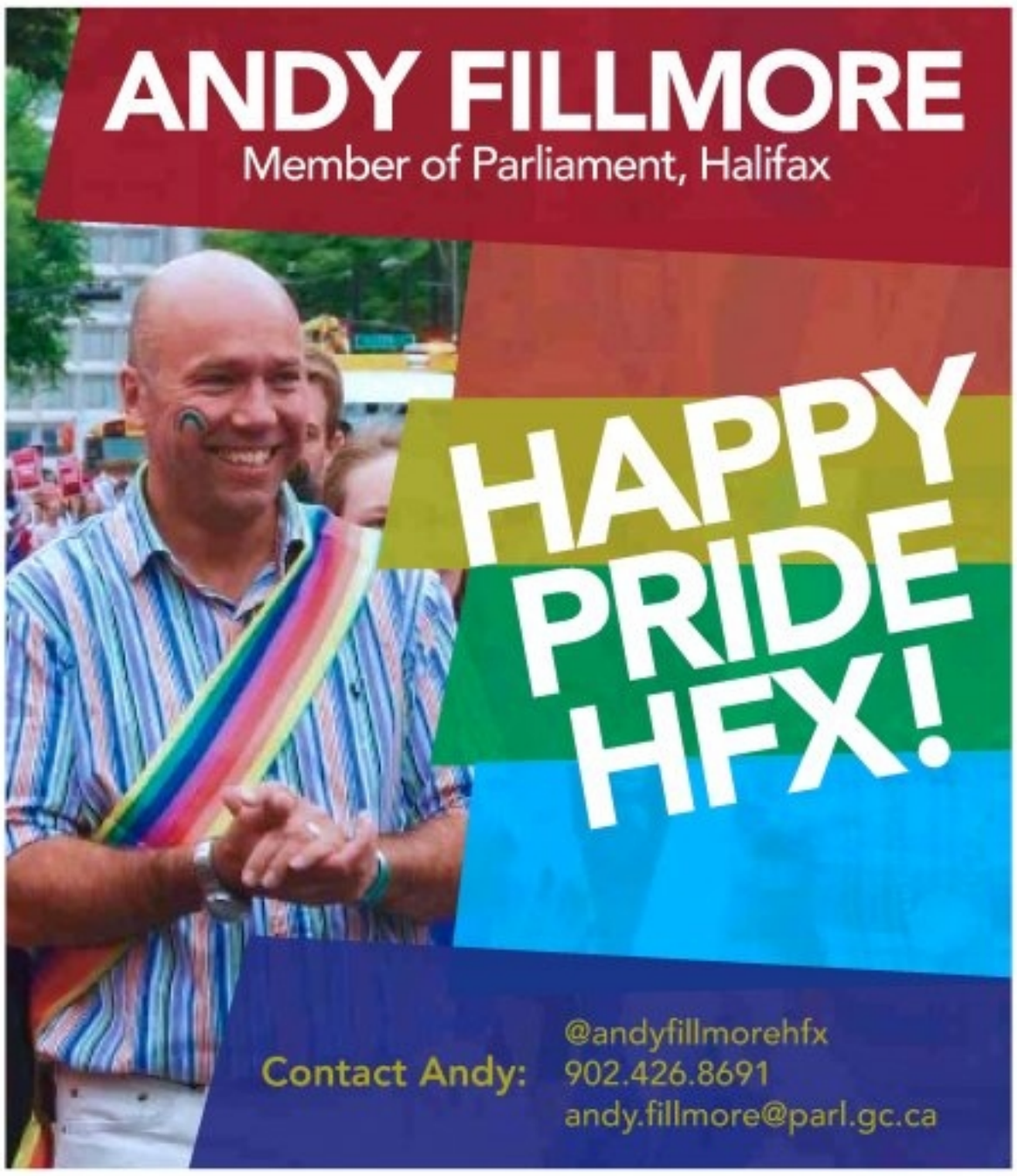
"A lot of the decisions we made this year really lined up well with the desire from the community to honour the victims in Orlando."

BACKGROUND

Blois said they will have an entry in the parade to honour the victims in Orlando.



People will pause and raise their index fingers into the air to honour the victims of the shooting at a gay nightclub in Orlando in June. TORSTAR NEWS SERVICE





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Bring the sparkle to pre-parade fun run

HALIFAX PRIDE FIRST

New event this year promises to be colourful

Jennifer Taplin

The parade route needs a little warming up before the drag queens can shimmy through the streets.

For the first time, Halifax Pride is having a fun run before the parade on Saturday.

Paul Forrest, who heads logistics for Halifax Pride, said the fun run is an idea that has been kicking around for a few years now. Pride organizers have been looking to up their game when it comes to physical activities. Last year they added a yoga event.

"It's always been something on our bucket list and then last year the Holiday Parade of Lights did a fun run. It's an idea we've had, but we kind of copied what they did."

When the streets are already shut down for the parade, adding a fun run just makes sense, Forrest said.

"It's not timed because that's not the purpose of this fun run, it just gives people a chance to be able to run through the streets," he said.

And being typically Pride, while no gold medals handed out, there will be a prize for best dressed.

"It's a fun run so everyone entering is challenged to dress as fun as they want, as vibrantly or as colourful, or however they want to express themselves."

There were about 50 runners registered by early this week and Forrest said they are hoping for 100. He added he expects the fun run to increase in popularity through the years.

"It's also new to us so we're hoping to have a little of an easy start and then next year really blow it up," he said.

Registration costs about $15. The money goes towards the parade which costs $23,000-$24,000 to put on each year.

"It's not that we're going to get much (money) out of it, it's really to add something exciting," Forrest said. "A lot of people are coming early to make sure they get a good spot so it's also to give them something prior to the parade to watch."

ON STAGE

All the fun starts at noon

Besides the fun run at 12:30 p.m., crowds waiting for the parade can also check out the stage in front of Halifax Central Library. Drag queens will entertain along with a DJ starting at noon.





You don't have to be fast to win Pride's first-ever fun run; just be the best-dressed runner to take home the prize. DYLAN WHITE



Creating a community that is welcoming to minorities is a priority for Halifax Pride. JEFF HARPER

Reaching out to the marginalized

DIVERSITY

Halifax Pride continues to strive to be inclusive

Jennifer Taplin

Protests at Toronto Pride threw the question of what Pride does and doesn't do for marginalized groups into the national spotlight.

It's all about building relationships between Pride and community groups, said Willem Blois, Halifax Pride committee chair. He said many people ask if they are now doing more programming for minorities.

"But really the step before that, which is where we are now, is we're really trying to rebuild some of the relationships with people who have been pushed away by Pride celebrations around the world, voices of colour, trans individuals and people who feel marginalized by Pride," he said. "We've really taken a lot of time toward regrowing those relationships."

Pride has received complaints regarding a lack of programming for specific groups and accessibility concerns. Concerns have been brought up by the deaf community about providing ASL interpretation at events.

"We're not looking to be just a knee-jerk board of directors, we don't just want to make a change on the spot and move forward. We really want to understand how we can find the overall problems.

There are commonalities of concerns from all marginalized groups and by helping one, they can help others, he added.

"I think at the end of the day we get a lot of complaints from people and people want us to change things but we know that not every change is as easy as it may seem to a community group and we want to make sure every change we do brings the whole community forward with us."

Much of Karina Fulan's job as vice chair of Halifax Pride is working with community groups. She said her goal is to reach out to as many diverse groups as she can.

> **We want to make sure every change we do brings the whole community forward with us**
> Willem Blois, Halifax Pride committee chair

"We've always held a number of open community meetings that are welcome to anyone to attend and we have gotten some great feedback there. Ultimately, we have for a number of years been striving to make this festival as inclusive to as many diverse groups as possible," she said.

"Our struggle remains that we don't necessarily know how to do that and the best I can do is ask people to tell me what they'd like to see and try to accommodate that."

Metro requested interviews with several groups including Rad Pride, the M'kmaw Native Friendship Centre (which hosted an event during Pride), Queer Arabs of Halifax and others, but inquiries were not returned.

FEEDBACK

Forum seeks input from diverse community

Halifax Pride is hosting a community forum in August and is asking for a diverse representation of community members to attend. After submissions and feedback is collected, Halifax Pride said they will "seek resolution" at their annual general meeting in the fall.

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Roller derby will find a place for you

WARM WELCOME

Sport's gender policy open to all who identify as women

Jennifer Taplin

Fishnet stockings and glitter — roller derby and Pride are a perfect pairing.

But it goes even deeper than that.

Roller derby is considered one of the most queer and trans inclusive sports in the world.

When roller derby was reincarnated about 15 years ago, founders built the women's full-contact sport from the ground up, said Heather Chamberlin, president of Halifax's Anchor City Rollers.

Derby's official gender policy is if a skater identifies as a woman or identifies with playing women's roller derby then they're welcome.

"We have a number of trans skaters or skaters who don't fit on that gender binary of you're a man or you're a woman and they fit somewhere in between," she said. "We do a lot of support and outreach in the community because of the alternative vision of roller derby, it attracts people who normally wouldn't feel welcomed or supported in traditional sports."

Everyone starts from the same level: they learn to roller skate before they play. There are skaters in their 50s and in their late teens.

"They are all starting from the same place, which is 'Oh crap, I have eight wheels on my feet, what do I do?' Chamberlin said.

"Because it is a self-run, self-sustaining kind of sport it means we have more flexibility to say we are going to be inclusive and encouraging everybody, including people who generally don't feel welcomed to be part of this," she said. "We'll find a place for you."

Even if people don't want to skate, people can help out by keeping score, referee, or by being fans, Chamberlin added.



The alternative nature of roller derby gives it the flexibility to be inclusive. ANCHOR CITY ROLLERS

RAINBOW RIOT ROLLER DERBY EVENT

Anchor City Rollers, Halifax's league, rolls in the Pride parade every year but usually doesn't host a Pride event. But this year, the league's sixth anniversary falls right during Pride and with swelling membership, they have enough people to host a big event.

The Rainbow Riot Roller Derby is set for Saturday at 6 p.m. at the Mayflower Curling Club. Skaters from all over the Maritimes have been invited. All the skaters have been mixed into two teams: the Uniscorns and the Scissor Kicks.

"It's a great way for skaters of all different levels to skate with each other.... everyone gets equal play and it's all for fun. It's competitive but there are no rankings."

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After the parade, it's time to party

CROWD PLEASER

DJ Tiago Vibe drops Latin beats for non-stop dancing

Jennifer Taplin

After the parade marches — and jiggles — its way down the road Saturday, the party continues on the Garrison Grounds.

Brazilian rhythms will jolt through downtown as DJ Tiago Vibe takes to the Festival Stage.

"Our goal is to keep the energy high the whole time," said Pride entertainment organizer Jo Riddles.

"People have just come out of the parade, they're pumped up, they've just seen some great community groups and we want to keep the energy up there and we think one thing that brings a lot of the community together is dancing together."

Usually there's one act after another on the Festival Stage, but not this year. Riddles said they wanted to move away from that idea to having one DJ to keep the party going and bring people together in dance.

"Tiago Vibe is from Brazil and he's one of the up and coming circuit DJ people that has been hitting the scene," Riddles said.

Fresh from Toronto Pride, DJ Tiago Vibe has been playing all over North America.

"He's got a really great Latin beat background and does a lot of layering so he's sure to be a big crowd pleaser... I think Halifax has never had this level of DJ come to Pride before."

Riddles said drag queens and kings will still be a part of the show, but they will be mixed into the set so the show will be more fluid instead of starting and stopping.

> **Halifax has never had this level of DJ come to Pride before**
> Jo Riddles, Pride entertainment organizer



All that parade energy gets channelled into an after party on the Garrison Grounds. DYLAN WHITE

TAKE A BREAK

If you need a breather or have kids, visit the fair

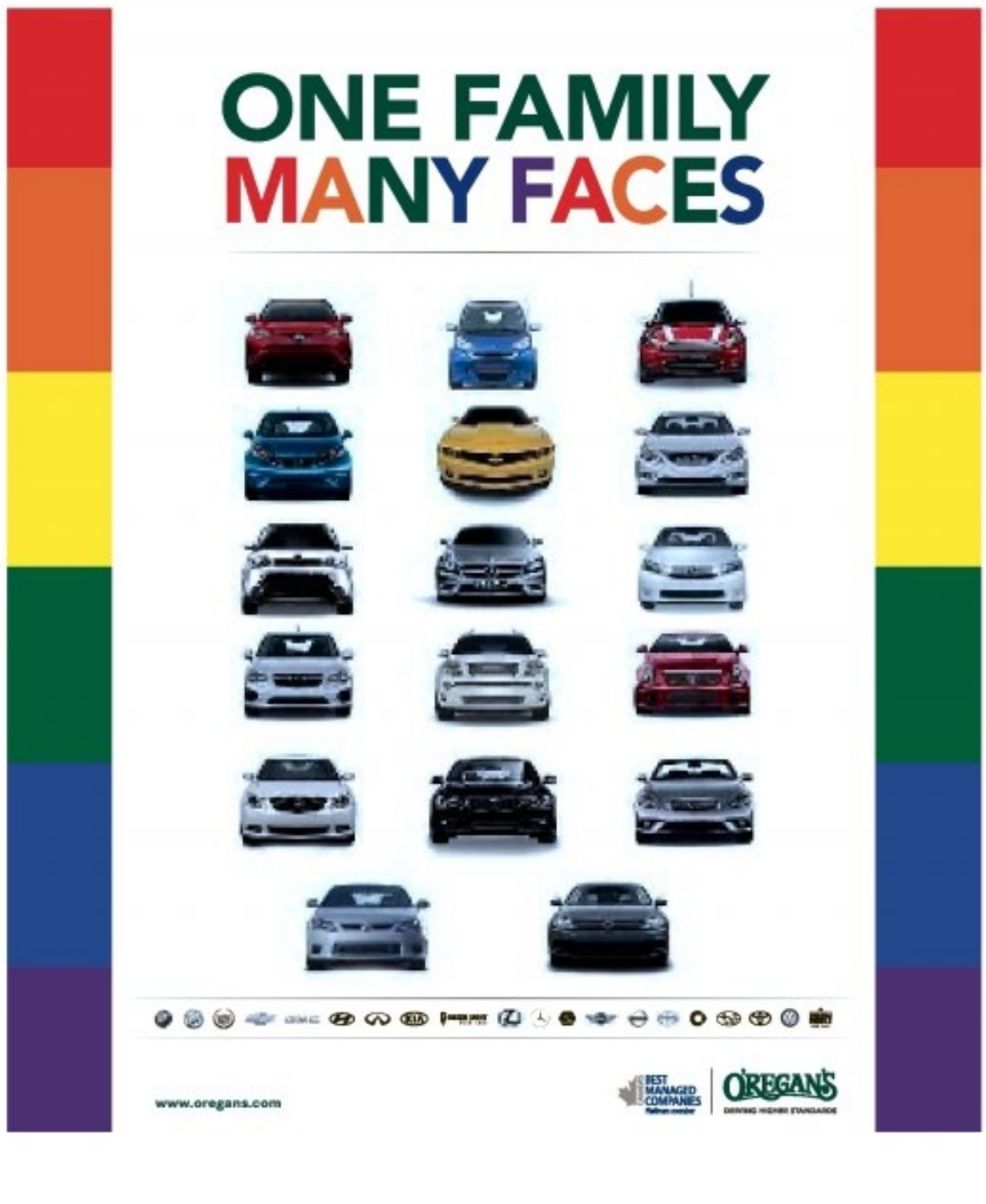
For anyone needing a breather from the dance floor, there's the Community Fair and the Kids Can tent on the Garrison Grounds.

Karina Furlan, vice chair of Halifax Pride, said the Community Fair is a mix of information booths, vendors selling handmade items and games.

And Kids Can is a way for children to enjoy pride with face-painting, games, crafts and more. Pier 21 and Mad Science will also be there with programming for kids.

KidsCan "started out as a bunch of craft tables and games and in the past couple of years has turned into a more focused event," Furlan said. JENNIFER TAPLIN





A guide to LGBTQ2+ terminology

COME TO TERMS

Take pride in using the words that show respect

Stephanie Orford

Equality among people of all genders and sexual orientations starts with respect and sensitivity. The LGBTQ2+ is a rainbow of people with many different sets of sexual preferences, identities and needs.

To learn more, start by brushing up on your terminology. Here are some of the terms to be aware of.

LGBTQ2+
This initialism is spelled differently by many different groups, and is meant to represent the range of sexualities spanning but not limited to lesbian, gay, bisexual, transgender, queer and two-spirited individuals.

Agendered
Sometimes a person's gender is neither male nor female, nor a combination of either. Agendered means "having no gender."

Asexual
Someone who is asexual does not feel sexually attracted to people of any gender. Asexual individuals may consider themselves free from sexuality.

Gender variant
An individual's expression of gender that does not match the gender role expected of them in their culture. Gender variance is also known as gender nonconformity.

Intersex
An intersex person may have biological sexual characteristics that are typical of both male and female sexes, such as genitalia and/or secondary sexual traits that share both male and female aspects.

Cisgender
The Latin word "cis" means "on this side of." When applied to gender, it means someone who identifies as the gender they were assigned when they were born.



The iconic rainbow symbol used by Pride reflects the diverse gender identities found in the queer community. DYLAN WHITE

Transgender
The Latin word "trans" means "across." A transgender individual identifies as a gender other than that which they were assigned when they were born.

Two-spirited
This term is also called two-spirit or two spirit. It is used by some North American indigenous people to refer to individuals in their communities who do not identify with the gender they were assigned at birth. The term may refer to a variety of gender identities.

Pronouns
Some individuals prefer to be referred to by particular pronouns — he, she, they, one, ze and more. It's respectful to pay attention to a person's preferences and use the pronouns they feel most comfortable with. If you aren't sure, just ask, "What pronouns do you prefer?"

Queer
This is a general term used casually to refer to individuals who are not cisgender or heterosexual. It may apply across the LGBTQ2+ spectrum.

AWARENESS

Terms can change — ask if you're not sure

- It's important to remember that the definitions and interpretations of these terms sometimes change, they can vary between individuals and groups, and can change for an individual over their lifetime.
- The best way to respect someone's identity is to listen to them and pay attention to their personal preferences.





DAY 4

Brisk business thrives



STEVEN GOETZ METRO'S REPORTER IN CLEVELAND

Vendors lining downtown Cleveland's streets as it hosts the Republican National Convention this week are doing brisk business selling the ubiquitous 'Make America Great Again' hats and 'Hillary for Prison 2016' t-shirts.

The more unique items for sale carry mostly crude and offensive messages — not "politically correct" in the language of Donald Trump and his supporters.

Two friends from New Jersey have bucked that trend with their Trump Flakes and Clinton Crunch cereal, a product they designed to appeal to everyone.

Darrin Maconi, a finance advisor, and Daniel Malafronte, a business student, put up their savings to manufacture a thousand boxes, hoping to profit off the marathon presidential campaign.

Many of the vendors here say they are true Trump supporters, not just opportunists making a quick buck, but Maconi and Malafonte aren't ready to reveal their own political affiliations.

"If you hang around until after our boxes are gone, we will give you an answer," Maconi said.



Darrin Maconi and Daniel Malafonte STEVEN GOETZ/FOR METRO

In midst of Trump's pledge to safety, many feel fearful

ANALYSIS

Trump is one mistake by Clinton away from presidency

It rocked with incompetence. It throbbed with hatred for Hillary Clinton. It caught fire and burned, burned, burned over this black hole of a candidate, Donald Trump.

And now, with the smouldering remains of the Republican National Convention done and dusted, only one thing remains.

It's time to be afraid.

No need yet for the full duck-and-cover. No need, either, to pore over every word of Trump's Thursday night finale in search of carved-in-stone tablature from Moses. He will say something else tomorrow. Or tonight. Or in 15 minutes.

But some degree of actual fear is appropriate now, given Trump's utter destruction of the Republican political sausage factory. The crucible of a national convention is meant to heal, unite, galvanize and thrust the candidate forth as standard-bearer for the party of Lincoln.

Instead, Donald Trump emerges as Donald Trump, with the party of Lincoln looking more like the party of clown car. And now he's in the home stretch to November, with the White House looking nearer than anyone imagined possible.

> "I am, for the first time since I began covering American politics, genuinely afraid. Ezra Klein

Ezra Klein, writing Thursday as editor-in-chief of Vox, hput it this way: "I am, for the first time since I began covering American politics, genuinely afraid." The issue is not ideology, but character, wrote Klein — "his temperament, his impulsiveness, his basic human decency."

"Trump has shown us who he really is. He is a person who should not be president. That he is being brought this close to the presidency — that he is one major mistake by Hillary Clinton away from winning it — should scare us all. It certainly scares me."

One fact the Cleveland experience made abundantly clear: Trump's impulsiveness will not be bottled and capped by anyone. Trump gonna Trump, no matter what. Often with the attention span of a common housefly.

NATO allies cannot count on unconditional backing from Donald Trump's America without a better financial deal. Nor should America be in the business of holding the world's worst leaders to account on how they treat their citizens, rump said, because "When the world looks at how bad the United States is, and then we go and talk about civil liberties, I don't think we're a very good messenger."

Trump's words rocked three cornerstones of U.S. foreign policy. When his campaign manager denied the report, insisting his words had been taken out of context, the Times released a full transcript. The context made it even worse.

The now well-established pattern: When Trump is under the control of a teleprompter, a strong semblance of Republican ideology emerges. When he veers off-script, the language veers back to the same aggrieved Fortress America rhetoric.

TORSTAR NEWS SERVICE



Delegates celebrate at the Republican National Convention on Thursday in Cleveland, Ohio. GETTY IMAGES



Donald Trump speaks during the final day of the RNC. CAROLYN KASTER/THE ASSOCIATED PRESS

IN BRIEF

This is Graham

As part of a campaign on road safety, the Transport Accident Commission of Australia introduced an eye-catching sculpture dubbed 'Graham', designed with a face and body that would help him survive a catastrophic car crash. IRENE KUAN/METRO



Graham CONTRIBUTED

EQUALITY

Black therapist says police shot him with hands raised



Therapist Charles Kinsey is shown lying in the street with an autistic man before being hit by a bullet from an assault rifle fired by a North Miami police officer. VIA TORSTAR NEWS SERVICE

A black therapist who was trying to calm an autistic man in the middle of the street says he was shot by police even though he had his hands in the air and repeatedly told them that no one was armed.

The moments before the shooting were recorded on cellphone video and show Charles Kinsey lying on the ground with his arms raised, talking to his patient and police throughout the standoff with officers, who appeared to have them surrounded.

"As long as I've got my hands up, they're not going to shoot me. This is what I'm thinking. They're not going to shoot me," he told WSVN-TV from his hospital bed, where he was recovering from a gunshot wound to his leg. "Wow, was I wrong."

The shooting comes amid weeks of violence involving police. Five officers were killed in Dallas two weeks ago and three law enforcement officers were gunned down Sunday in Baton Rouge, Louisiana.

Before those shootings, a black man, Alton Sterling, 37, was fatally shot during a scuffle with two white officers at a convenience store. In Minnesota, 32-year-old Philando Castile, who was also black, was shot to death during a traffic stop. Cellphone videos captured Sterling's killing and aftermath of Castile's shooting, prompting nationwide protests over the treatment of blacks by police.

At a news conference Thursday, North Miami Police Chief Gary Eugene said the investigation had been turned over to the Florida Department of Law Enforcement and the local state attorney.

He called it a "very sensitive matter" and promised a transparent investigation, but he refused to identify the officer or answer reporters' questions.

THE ASSOCIATED PRESS

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Rideable suitcase zips in

TRAVEL

Entrepreneur crowdfunding motorized smart luggage



The Modobag is a motorized piece of luggage designed to carry a person weighing up to 260 lbs. for 13 kilometres. CONTRIBUTED

The road warrior might have a new chariot.

A new Indiegogo campaign has launched for the Modobag, a motorized piece of smart luggage on which travellers can ride.

The slick video for the product shows travellers entering an airport, having a seat on the square bag, then zipping through the terminal — never having to run to catch a flight.

Created by Kevin O'Donnell, a Chicago-based entrepreneur and restaurateur, Modobag claims a top speed of 13 kilometres an hour and is designed to carry a person who weighs up to 260 lbs. as far as 13 kilometres.

But it won't be a cheap ride for the burgeoning new class of potential Samsonite riders (who might just cause baggage handlers to become obsolete).

The Modobag will eventually have a price of $1,295 US. For now, the company is seeking $50,000 US in crowdfunding to go into full production — and has already reached half that goal.

The company plans on delivering the Modobag in January 2017.

O'Donnell said he feels that this could change how people travel. He was inspired by some kids who were riding a carry-on bag and he joked about motorizing it.

"It's been six years since the first idea popped into my head, and the last two years, it just became my sole focus," said O'Donnell, who launched a Kickstarter campaign for the Modobag last year that failed to meet its funding goal of $160,000.

He said the company and product is much further along now, and unlike hoverboards, those battery-powered scooters banned by most airlines because of their proclivity for catching on fire, the Modobag is Transportation Security Association (TSA), Federal Aviation Association (FAA), and International Air Transport Association (IATA) compliant.

"The big concern with TSA and FAA and IATA is the safety of the batteries," he said. "So the batteries that we're using are UN approved, UL (Underwriters Laboratories, a safety organization) approved and we also meet all the requirements for safety with the TSA and the FAA for air travel, as far as battery sizes and requirements for travel.

"So basically, the batteries that we're using are safer than most laptop batteries."

O'Donnell also added that they can get to an 80 per cent charge in 15 minutes.

Beyond that, the "smart" luggage comes with two USB ports to charge other devices, and has a GPS-enabled option available that allows you to track your bag. That final feature is what most other smart luggage has these days.

O'Donnell said that the bag can store about 85 per cent of what a similar-sized carry-on bag can hold, and said that the bag is modularly designed, so in the future, as technology improves, conceivably consumers will be able to swap out new batteries or a motor when necessary.

The company has gone through 40 full prototypes to get to this point, and has had more than 1,000 people test ride the prototypes.

"You may think it's silly, but it makes your life so much more efficient. And no matter what age you are, you just get a smile on your face when you ride," said O'Donnell.

TORSTAR NEWS SERVICE

> **You may think it's silly, but it makes your life so much more efficient.** Kevin O'Donnell

PEARSON INTERNATIONAL

Airport upgrades terminal

Toronto's Pearson airport Terminal 3 on Thursday unveiled its newly renovated 50,000-square-foot retail area.

The update is part of a $140-million redevelopment plan to bring Terminal 3 up to Terminal 1's standards by 2018.

Retail operations also account for an increasing share of airport revenues worldwide. Until five years ago, retail income represented less than 25 per cent of Pearson's non-aeronautical revenues, compared to as much as 50 per cent at airports such as Hong Kong and London Heathrow, said Scott Collier, vice-president customer and terminal services at Greater Toronto Airports Authority (GTAA). Now it's closer to 30 per cent at Pearson.

The biggest improvement is an eye-shaped atrium over the passenger seating area, bringing in natural light, and addition of new retailers including Lole, a yoga and athletics-wear retailer; Beerhive, which sells local and international drafts and features an expansive menu; a Smoke's Burritorie; and a Smashburger, selling fresh Angus-beef burgers.

The area is located past security, because passengers now spend more time in that area, officials said.

When it opened in 1991, Terminal 3 was regarded as the dawn of civilized travel. But the Terminal 1 that opened in 2004 moved the benchmark, said Pat Neville, vice-president, airport planning and technical services at GTAA.

TORSTAR NEWS SERVICE

2016 Hfx No. 447203

SUPREME COURT OF NOVA SCOTIA

BETWEEN:

THE TORONTO-DOMINION BANK, a body coporate — PLAINTIFF

- and -

MARIE ANNETTE MCDONALD a.ka. **MARIE MCDOW** — DEFENDANT

NOTICE OF PUBLIC AUCTION

To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 254 Taranaki Drive, Westphal, Halifax County, Nova Scotia, also known as PID 40124919 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 98941090. The parcel has been registered pursuant to the *Land Registration Act*.

The parcel is subject to a Land Use Agreement registered at the Halifax County Land Registration Office in Book 3119 at Page 1 as Document 48437.

The parcel is subject to restrictive covenants registered at the Halifax County Land Registration Office in Book 3568 at Page 330 as Document 15018.

The parcel is subject to an easement in favour of the Nova Scotia Housing Commission registered at the Halifax County Land Registration Office in Book 3568 at Page 330 as Document 15018.

A copy of the description of the property, as contained in the mortgage foreclosured, is on file at the Prothonotary's Office and may be inspected during business hours.

Date of Sale: July 28, 2016

Time of Sale: 11:00 o'clock in the Forenoon.

Place of Sale: The Halifax Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia

Terms: Ten per cent (10%) deposit payable to Cox & Palmer in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the _____ day of June, 2016.

I. Andrew Rankin
BURCHELLS
1800-1801 Hollis Street
Halifax, NS B3J 3N4
Telephone: 902-423-6361/Fax 902-420-9326
11260-1063676/mer

Nicholas C.G. Mott, Barrister and Solicitor
Cox & Palmer

FOOD SAFETY

Chipotle struggles to win back diners

Chipotle is acting out of character in its desperation to win back customers.

After a series of food scares drove customers away, the company has turned to more traditional advertising, expanded its famously simple menu to add chorizo and even inaugurated a summertime loyalty program.

That's a change from better days, when Chipotle said it didn't need such incentives to get people to buy its bowls and burritos.

Morgan Stanley said last week that it believes a full sales recovery back to Chipotle's peak volumes could take years, based on a consumer survey it conducted. The survey showed about a quarter of Chipotle customers have either stopped going or reduced how often they eat at the chain, six months after the last reported food safety incident.

In the first three months of the year, Chipotle Mexican Grill Inc. posted its first quarterly loss as a public company. For the April-through-June results analysts expect a sales decline of about 20 per cent from a year ago, according to FactSet.

Those steep declines are why Chipotle has been distributing millions of coupons for free meals. And in July, it started the loyalty program that rewards people with a free entree after they visit a certain number of times each month.

THE ASSOCIATED PRESS

IN BRIEF

Wildfires slowing growth

The Conference Board of Canada has downgraded its projections for Canada's economic growth in 2016 from 1.6 per cent to 1.4 per cent after wildfires in the Fort McMurray, Alta., region in May and June that shut down many oilsands operations.

THE CANADIAN PRESS

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DOLLAR 76.42¢ (-0.18¢)

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DOW JONES: 18,517.23 (-77.80)

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SCIENCE SAYS Weekend, July 22-24, 2016

NEW BLUE
Chemists have patented the first new blue pigment in 200 years. It's called YInMn, after the metal oxides it contains.

DECODED by Genna Buck

THE END IS (*probably not*) NIGH

Something's going to finish off our species someday. And it will probably be before the sun swallows our planet in a few billion years. Here are four leading apocalyptic options, according to science, and the calendar dates we had really close calls.

GEOMAGNETIC STORM



Closest call
A solar storm seared a transformer in New Jersey, knocking out power to six million people in Quebec.

What it is A large burst of radiation and plasma spiking out from the surface of the sun. It could take out electrical transformers and plunge entire continents into darkness for months — time for chaos to set in.

What we can do
Shut down transformers pre-emptively, or fortify the electric grid with series capacitors that can block a blast of solar wind.



PANDEMIC

Closest call A pandemic of bubonic plague, the Black Death, wiped out between a third and 60 per cent of Europe's population.





What we can do
Watch carefully for new diseases (that's the WHO's job), quickly isolate the sick, make a vaccine as quickly as possible and hope for the best.

What it is A global outbreak of a devastating disease, especially a highly contagious one — perhaps something airborne like the flu — that most of the population isn't immune to.

SPACE ROCK



Closest call A massive meteorite (or possibly comet) exploded over barely-populated Eastern Siberia, flattening 80 million trees over 2,000 square km.

What it is The impact of a comet or meteorite more than a kilometre wide could destroy land, unleash repeated earthquakes and tsunamis, and toss up debris that blocks the sun.

What we can do
Monitor the skies and, if an object seems headed our way, knock it off course with a spaceship, alter its path with a satellite, or smash it with nukes.



SUPERVOLCANO

Closest call Mount Toba, in Indonesia, spewed 2,800 cubic km of magma and plunged the Earth into an ice age. Perhaps fewer than 10,000 people survived worldwide.





What we can do
Find a way to grow food. Mushrooms thrive in a dark, cool environment, and they like to colonize dead trees.

What it is Around 20 ticking time bombs lurk on Earth: Supervolcanoes that could obliterate huge tracts of land and blanket the planet in ash, spurring all-day darkness and "volcanic winter," wiping out vegetation and crops.

GRAPHICS: ANDRÉS PLANA/METRO; RESEARCH SOURCES INCLUDE JULIA ROSEN/SCIENCE MAGAZINE



CITIZEN SCIENTIST by Genna Buck

How do I protect myself from pesticides?

Strawberries are on the Dirty Dozen list of produce with the most pesticides. Should I buy organic? — Irene, Toronto

I have good news for your wallet, Irene! Organic produce is no safer than the conventional kind.

The "Dirty Dozen" list is published by the official-sounding but unscientific Environmental Working Group (EWG).

It's based on a wilfully amateurish reading of the meticulous data U.S. regulators collect every year about pesticide residues on fruits and vegetables, both imported and domestic.

Not all crops are monitored every year, only a sample based in part on the items that have raised the most concerns.

So the idea that it's possible to make a comprehensive guide to the "dirtiest" and "cleanest" produce based on government data is null and void based on that fact alone.

But there's more. Pesticides include hundreds of very different chemicals that pose different kinds of risks. None are inherently bad: The dose makes the poison.

Here's how the FDA decides how much pesticide on strawberries is OK: They take the best available animal and human studies and estimate the maximum daily dose that, over your 70-year life, will not cause any ill effects. Then they divide that by a safety factor, usually 100.

Only a handful of crops come anywhere near that level. Typically about half have no detectable pesticide residues at all.

Your question hits one of the most difficult parts of science communication: It's incredibly hard to refute nonsense.

Studies have shown the EWG's bonkers methodology bears little relationship with reality. But without technical knowledge, it looks pretty sound.

The science on fruits and vegetables is settled. They're good for you, especially fresh ones. You need a variety. You need to wash them. And they fight cancer!

Science Question?
Tweet @genna_buck

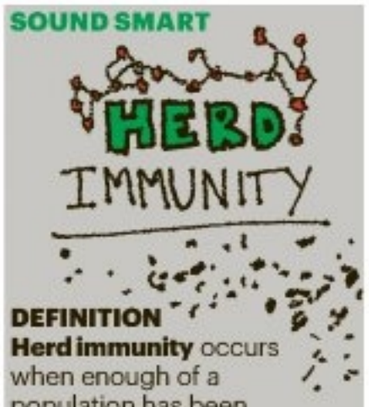
FINDINGS
Your week in science



STRONG STUDY
McMaster University researchers are flipping long-standing fitness advice on its head. They found lifting lighter weights many times builds just as much muscle as fewer reps with heavier weights. What matters is that your muscles are exhausted.

BIRD BAROMETER
A study of pigeons' blood in NYC shows birds' lead levels are a good proxy for lead levels in children. Pigeons could be a good way to track exposure: They spend most of their lives within a few blocks and breathe the same air and eat the same food as people. And they don't cry when they're poked with a needle.

SOUND SMART



DEFINITION
Herd immunity occurs when enough of a population has been exposed to, or vaccinated against, a contagious disease that the spread slows down or stops.

USE IT IN A SENTENCE
Deborah's immune disorder means she can't be vaccinated against lizard pox. But she'll be OK, because all of us are immunized and **herd immunity** protects her.

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by Jason Logan



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Abrams keeps Enterprise afloat

IN FOCUS

Puts characters front and centre in Star Trek franchise



Richard Crouse
For Metro Canada



Audiences still care about the characters at the core of the Star Trek saga, including Capt. James T. Kirk. CONTRIBUTED

Seven years ago director J.J. Abrams, the brains behind hit TV shows like Lost and movies like Star Wars: The Force Awakens, thought there was still some uncharted life to be found in the Star Trek universe.

This weekend, the third film in his new generation of movies, Star Trek Beyond, puts phasers on stun. Directed by Fast & Furious director Justin Lin it continues Abrams' mission to seek out new cinematic life and civilizations.

After five television series, 10 movies, countless books, comics and video games, a stage version and even an Ice Capades style show, Abrams re-launched the big screen Trek franchise. Simply called Star Trek, he took audiences where no man (or director) had gone before, back to the very beginning of the story before James Tiberius Kirk bore an uncanny resemblance to T.J. Hooker.

In this prequel to the original series Kirk (Chris Pine) and Spock (Zachary Quinto) are assigned to the maiden voyage of the most advanced starship ever created, the U.S.S. Enterprise under Captain Christopher Pike (Bruce Greenwood).

Star Trek was one of the great popcorn movies of 2009. Notice I didn't say sci-fi movie. Star Trek is a lot of things but despite all the talk of warp speed, black holes and time travel, it can't be strictly classified as science fiction. It's a character-based space serial more concerned with the burgeoning relationship between Spock and Kirk than with photon thrusters.

Star Trek: Into Darkness (2013) is a sequel AND a prequel (something so illogical Spock would never approve) that gets underway when an act of terror robs Kirk of a close friend. Determined to bring the perpetrator to justice the reckless Starfleet captain takes the Enterprise and crew to a war zone populated by Klingons and one brilliant and ruthless genetically engineered adversary (Benedict Cumberbatch). To finish his mission he must make difficult decisions.

Abrams finds a balance of old (Kirk, Spock et al) and new (spacesuits are redesigned, tech is different and there are younger characters) to satisfy hard-core Trekkers and attract tenderfoot Trekkies. For fans there are in-jokes like Kirk telling two expendable members of the landing team to "lose the red shirts."

At the beginning of Star Trek Beyond, Kirk's life on board the U.S.S. Enterprise has become a grind. He's three years into a five-year mission and trying to find meaning in his mission. "It can be hard to feel grounded when even gravity isn't real."

Lin, taking over for Abrams, does his best to spice things up for the good captain. The director, famous for his Fast & Furious films, knows there is nothing like a wild alien attack to snap James T. out of his funk. Expect more hi-fly action than sci-fi intrigue.

Star Trek Beyond producer Abrams admits he "didn't love Kirk and Spock when I began this journey, but I love them now." It seems fans love his interpretation of the characters as well.

Trekkers have embraced the new movies but Abrams knows the Star Trek universe is so vast it's impossible to please everyone.

So he caters to the moviegoer "who just wants to be entertained, understand, and care about the world and the characters." As Spock might say, "Sounds logical to me."

MOVIE RATINGS by Richard Crouse

Star Trek Beyond	★★★
Ice Age: Collision Course	★★
Absolutely Fabulous: The Movie	★★
Lights Out	★★

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★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
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4 FABULOUS REASONS TO CATCH UP WITH PATSY AND EDDY AGAIN

Those missing '90s Brit TV duo of Absolutely Fabulous stars Jennifer Saunders (Edina "Eddy" Monsoon) and Joanna Lumley (Patsy Stone) will be over the moon to have these two boozy, chain-smoking, label-obsessed broads back in their lives as they hit the big screen. Here's a sneak peak of what's in store for our two favourite sweetie darlings. TORSTART NEWS SERVICE



Eddy Monsoon and Patsy Stone get their big screen close up with Absolutely Fabulous: The Movie. CONTRIBUTED

1 Droopy but fine diversion

The script for their big-screen debut (penned by series creator Saunders) hangs on a plot as flimsy as a supermodel's bikini. And the second half gets quite droopy. But these vain and fickle gals, enthusiastic early adopters of trainwreck comedy and masters of all manner of walks, stumbles and crawls of shame, make a for a fine summer diversion.

2 Lulu, Baby and booze

The only thing drying out or up around Eddy is her client list. She's barely hanging on to '60s belter Lulu (who shows her comic skills here), "Baby Spice" Emma Bunton and a nameless "prestige" vodka. Worse, nobody is interested in publishing her tell-all book from the PR trenches. With her credit cards so deep in the red they're throbbing, Eddy is shocked to find she has no more of the baffling stuff Patsy calls "hand money."

3 Kate Moss gets messy

A glam fashion industry party not only provides a chance for desperate Eddy to zero in on the suddenly publicist-free model Kate Moss, it also gives us the real story on how Jon Hamm lost his virginity. Curious? Cherchez Patsy, darling. Moss ends in the Thames (pushed, slipped, who knows?) and Eddy gets the blame, sending the duo scurrying off to Cannes to hide out and try to score a sugar daddy in Patsy's "old hunting-ground."

4 Cameos and credibility

How far will Patsy go to fund their escapade? Put it like this: Lumley looks credibly, creepily sexy as a dude. Stuffed with cameos and returning original series cast, bizarre fashions and 1950s-vintage TV slapstick, along with a surprisingly tender moment of self refection from Eddy, Absolutely Fabulous isn't great art but it is high camp, darling.

THE TV DINNER JESSICA ALLEN

As soon as I walked out of the building I was like 'WTF did I just do?



Three years ago, when Canadian director Stephen Dunn was just 24 years old, he landed a meeting with Rhombus Media and left them a treatment for his first feature film.

He returned a week later to the production office — unannounced, and expecting, perhaps naively, that they'd already read it — and dropped off eight homemade red velvet cupcakes that spelled out "Thanks for reading my treatment for Closet Monster."

"As soon as I walked out of the building I was like 'WTF did I just do? They're going to think I'm insane!'" Dunn recently shared on social media. "And of course, to no surprise, I didn't hear from them for three months. I was mortified. I assumed my career was over."

Flash-forward to TIFF 2015 when Closet Monster, a coming-of-age story about Oscar, a gay East Coast teenager who lives with his dad — who tends towards macho, and homophobic — and can't wait to become a special effects makeup artist anywhere other than Newfoundland, won the Best Canadian Feature Film, and to today, when the film hits theatres in wide release across the country.

Flashback to February 2016 when I saw Closet Monster three times in 48 hours.

I was moderating question-and-answer sessions after screenings between the audience and the film's star, Connor Jessup, who is 21, at the Kingston Film Festival.

The audience wanted to know about the film's locations (St. John's, NL, and Fogo Island, where the film concludes); whether the film was based on true events (they are fictionalized versions of Dunn's own life); and Isabella Rossellini, who provides the voice of Buffy, Oscar's pet hamster. (Yes, there's some magic realism, and it is used to great effect, especially during a Cronenbergian-like crescendo of a scene between father and son.)

I wanted to know if the funny parts were scripted (Mary Walsh has a small-but-meaningful part as Oscar's boss at a hardware store); if Dunn gave Jessup any preparatory material (Anne Carson's Autobiography of Red); and any details Jessup could share about a particularly beautiful scene in Oscar's treehouse, one that puts all those MTV Best Kiss Awards to shame. (Turns out, it's Jessup's favourite.)

Quietly, I was in awe of Dunn and Jessup, two 20-somethings — I can't remember what I was doing at their ages: watching Melrose Place? Failing first-year Calculus? — seemingly confident in making art. Jessup is so magnetic as Oscar that it's hard to take your eyes off him. In person, he's articulate, kind, and engaged. And Dunn managed to make a well-structured (it clocks in at exactly 90 minutes), thoughtful and imaginative film that isn't just about a teenager struggling with his sexual identity. It's about a messy family, the pangs of first loves, and growing up. And, like true existence, nothing is neatly bow-tied at the end.

"To me, that is one thing I like about the movie, that it shows how everyone struggles with identity at that age, no matter your sexuality. Everyone struggles with their family, their community, with where they are, who they are, who they want to be," Jessup told Entertainment Weekly. "If you can't relate to that on a fundamental level, then I don't know who you are."

Obviously the producers agree. On the first day of Closet Monster's theatrical release here in Toronto, Dunn woke up to find a dozen red velvet cupcakes on his doorstep.

Jessica Allen is the digital correspondent on CTV's The Social.

Hit track remixes pop chart success

Q&A

Mike Posner on how tripping in Ibiza changed his prospects

Mike Posner was grappling with the pitfalls of faded Top 40 success when he popped a pill in the presence of Swedish super-producer Avicii and embarked on a night he'll never forget.

It wasn't exactly a shining moment for Posner, but the random drug trip helped spark his self-pitying "I Took a Pill in Ibiza," which has turned into one of this year's biggest hits.

The song helped relaunch Posner's singing career, which hit a dry spell after his 2010 single Cooler Than Me peaked at No. 6 on the Billboard Hot 100. Ibiza eclipsed that performance by hitting No. 4 two months ago and has racked up more than 424 million plays on YouTube.

The singer doesn't take sole credit for the success of his latest hit. It was a little tropical spice infused by Norwegian producers Seeb that helped the song's remix scale the charts.

Posner is enjoying the rewards of his resurrected popularity by joining pop stars Demi Lovato and Nick Jonas on tour this summer. He will play Montreal on Friday before hitting up Toronto on Saturday. Another run of Canadian dates will start in late August in Vancouver (Aug. 27), Edmonton (Aug. 29) and Calgary (Aug. 31).

Posner spoke to The Canadian Press about finding a second wind on the pop charts and his past experience writing for Justin Bieber.

The Ibiza remix seemed to come out of nowhere earlier this year. Did you think it would be such a big hit?
No way. I believe the stuff is good and it warrants a lot of people's ears, but I never know how that's going to manifest itself. I just hear stuff in my head and my job is to create the art, the music that I want to exist in the world. When I'm creating it's for an audience of one — and that's me.

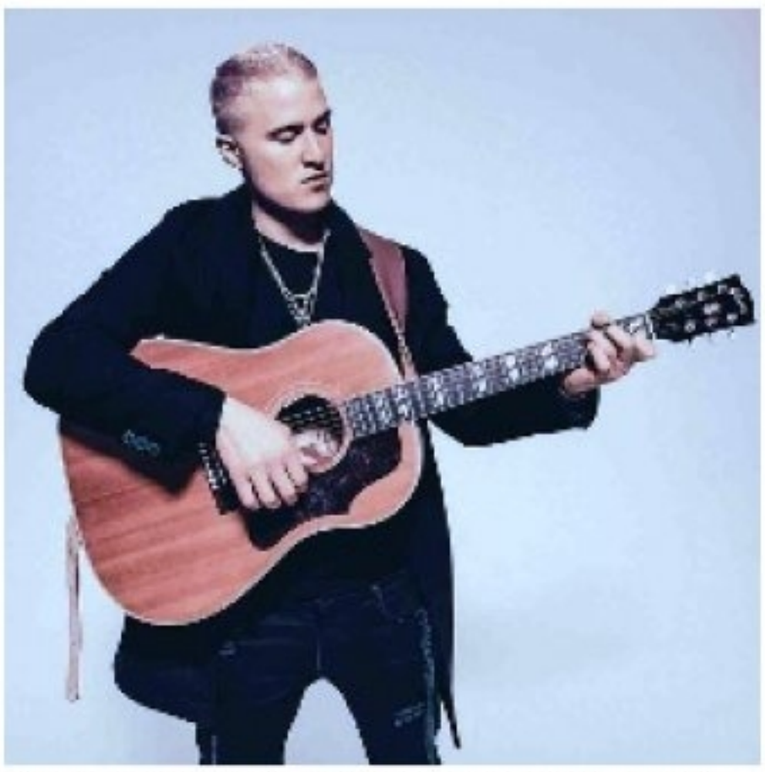
You penned Sugar for Maroon 5 and Justin Bieber's Boyfriend. Now that you're back on the charts are you saving all of your lyrics for your own songs?
I feel like I'm an artist at heart. I make my albums first and then if something doesn't fit or doesn't make sense, or I don't sound good singing it, it's on the table for other artists. And then there are some artists I go in the studio with to help with their projects — not a lot, but here and there.

Is that what you did with Bieber for Boyfriend?
We wrote a version of it, gave it to him, and then he put his panache on it. He made it his own. A lot of times when you write a song you're supposed to say they helped, but he really did contribute lyrically and make that thing his own. When I wrote (Boyfriend) it was all from my point of view, so he had to change it.

You sing about doing drugs in Ibiza to impress Avicii. At the same time your song was climbing the charts Avicii announced he was retiring from live performances, telling the Hollywood Reporter that "the scene" of clubs wasn't for him. What did you think of his sudden departure?
Each artist has to decide what success means to them. I don't think he really loved playing live as much as he likes making stuff in the studio. While other people may see that as quitting ... I look at it as a very powerful move in doing what he actually wants. You don't get to choose what makes someone else happy.

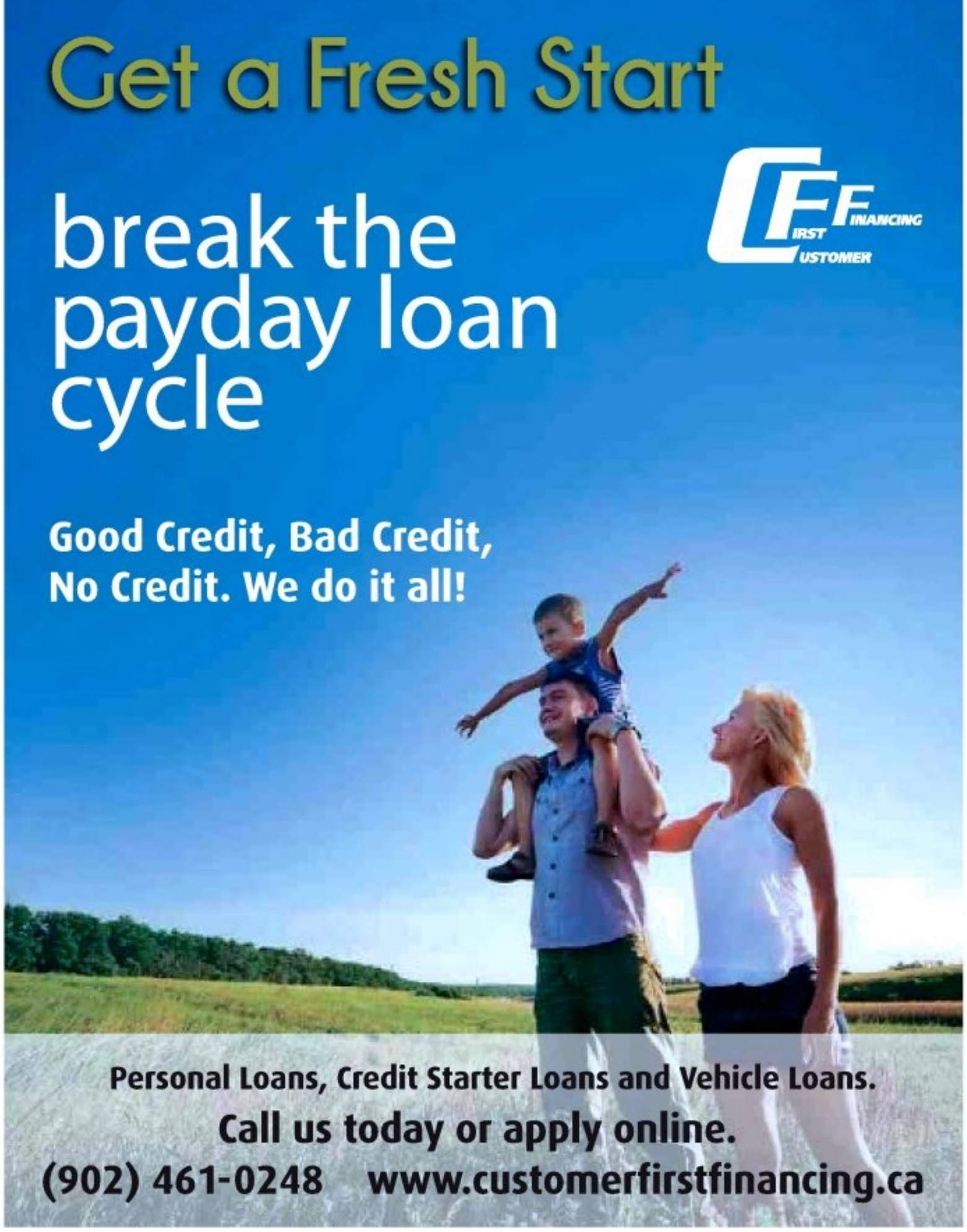
You've sang about loneliness, losing your way and feeling like a failure, but many people might assume that with your revived fame it'd be hard now to relate to those darker themes. Do you find it tougher?
I know it sounds ridiculous to a lot of people but it truly is lonely on the top. Most of the people you grew up with can't really identify with what you're going through. The definition of success is you've made it to a level most people don't, so by definition you're experiencing things most people don't. And it can be lonely. But I think you get better at it with time.

THE CANADIAN PRESS



Mike Posner was surprised by the success of his song I Took a Pill in Ibiza. THE CANADIAN PRESS

> **I just hear stuff in my head and my job is to create the art, the music that I want to exist in the world. When I'm creating it's for an audience of one.** Mike Posner



Fans' petition ensures we will all get another look, this time a little longer

TV MOVIE

LGBTQ series returns with a feature-length final instalment

When the critically praised HBO series Looking was cancelled last year after just two seasons, it was a crushing blow to the LGBTQ community.

After all, it was the first high-profile show to focus on gay men since Showtime's Queer As Folk ended in 2005.

Fans started online petitions to bring the show back, and they'll soon get their wish. Sort of.

On Saturday, Looking: The Movie will air on HBO Canada, providing some closure to fans of the series.

> **We all loved the show and we could have gone on for years.**
> Murray Bartlett

"I think the interesting thing was to see these characters in the forefront," says Frankie Alvarez, who plays Agustin Lanuez, about the appeal of Looking.

"Traditionally in the past, LGBT characters have been supporting characters and they've been dealing with being victimized and marginalization.

"And what's really beautiful about this series is they're out and they are who they are and their gayness is just one aspect of their lives.

"They're dealing with relationships, with their friendships, and career fluctuations, ups and downs, and I think that was quietly revolutionary."

The film is set about nine months after the Season 2 finale and finds Jonathan Groff's lead character, videogame designer Patrick, returning to San Francisco for the wedding of Agustin and Eddie (Daniel Franzese).

While there, he reunites with the whole crew, which also includes Murray Bartlett as Patrick's friend Dom Basaluzzo, who works in the restaurant industry.

The cast members say they learned the show would be wrapped up in the form of a movie at the same time they heard the series was being cancelled after low ratings.

"It's sad, obviously," says Bartlett. "We all loved the show and we could have gone on for years, as far as we're concerned.

"But it is a lovely way to wrap up a show, actually, particularly a half-hour show. Because in the movie you get to live with these characters in a longer arc, like an hour and a half or whatever the film is, so you get to really be with them and develop stories in a longer format, which is really fantastic."

Series director/executive producer Andrew Haigh also helmed the movie and co-wrote with creator Michael Lannan. "What's nice about the closure of the film is that there is a kind of resolution but it's still open-ended," says Alvarez.

"So that if we were ever to be blessed with another opportunity in the coming years, that we could still touch on these guys' lives."

That is, if the fans want it.

"It's nice that the fans have a say and a power," he adds. "If enough people speak up and voice what they want, these networks are listening and hopefully we can be on the positive end of that request."

THE CANADIAN PRESS



Jonathan Groff, left to right, Murray Bartlett, Frankie J. Alvarez are shown in HBO's Looking: The Movie . THE CANADIAN PRESS/HANDOUT

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CTV

Your Morning will change in August

The new morning show replacing CTV's long-running Canada AM will premiere Aug. 22.

Ben Mulroney and Anne-Marie Mediwake will co-host the live three-hour show Your Morning, alongside Melissa Grelo of CTV's daytime talk show The Social as late morning anchor, Lindsey Deluce as news anchor, and Kelsey McEwen as weather anchor.

Canada AM was abruptly pulled off the air in June after a 43-season run. The sudden end of Canada AM shocked viewers, but Randy Lennox, president of entertainment production and broadcasting for Bell Media, said hosts Beverly Thomson, Marci Ien and Jeff Hutcheson had known about the looming change "for a period of time."

Your Morning, billed as a "contemporary twist" on morning TV, will air weekday mornings on CTV in Ontario, Quebec and Eastern Canada and nationally on CTV News Channel. THE CANADIAN PRESS

CORRECTION

The byline on the Wednesday, July 20, story on women in the craft brewing industry was inadvertently omitted. The article was written by Jennifer Foden.

TV BRIEF

Veep actor loses Emmy nod over technicality

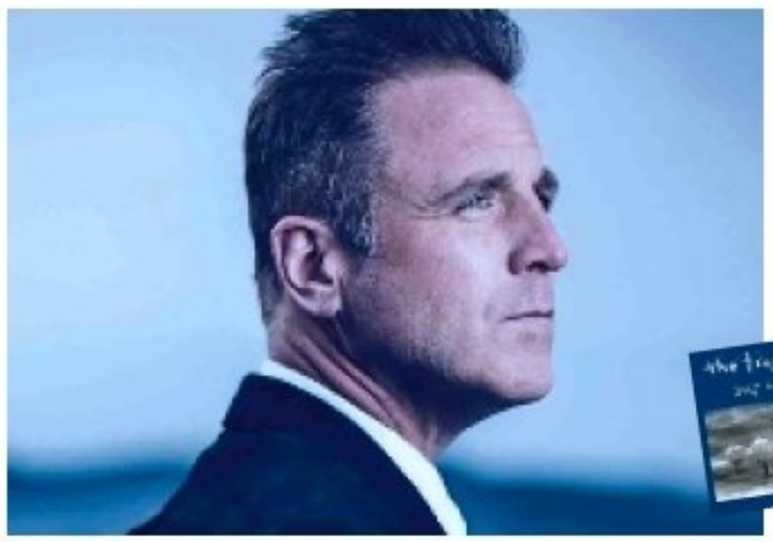
Peter MacNicol's Emmy nomination for best guest actor for his work on Veep this past season has been revoked after officials determined he appeared in too many episodes of the HBO comedy.

MacNicol was nominated last week for his portrayal of powerbroker Jeff Kane.

But the LA Times reports the Television Academy now says he is ineligible for the award. Under rules performers must appear in less than half of a season's episodes to be eligible as a guest actor. HBO said MacNicol was expected to appear in only four episodes but he was entered before all the episodes had aired. THE ASSOCIATED PRESS

DREAM SET MUSICIANS' HIP PICKS

With the Tragically Hip's much-anticipated Man Machine Poem tour kicking off Friday in Victoria, B.C., many longtime Hip aficionados are imagining a dream set list constructed from the band's vast catalogue of classic Canadian songs. Before the band steps on stage, some musicians offered their picks for songs they'd most like to hear and why they resonate. THE CANADIAN PRESS



Sean McCann, former Great Big Sea guitarist: Scared

"The song for me is a dissertation on the nature of fear itself and where it ultimately comes from — within. I have lived through much and while this song doesn't let anyone off the hook, I always take comfort in its frank analytical approach. We have nothing to fear but our selves and the sooner we face that truth, the quicker we will all be able to move forward into real freedom."



K-os: Ahead by a Century

"That's my song. The whole video, that guitar. That everything. I remember sitting on the floor watching it when it came on MuchMusic like, 'This is the best thing ever.' (Downie) was the first person I listened to where I was like, 'This dude has something to say.' That's always why I've wanted to be a part of pop culture — to say something."



Raine Maida of Our Lady Peace: Grace, Too

"In 2004, I travelled to Darfur with War Child (an organization that works with children in war zones). We were provided housing in a United Nations shack. It was three of us and two UN personnel who were stationed there to decide whether the unspeakable sadness in Darfur was in fact genocide or not. Not long after I returned from Sudan I came across an article on Grace, Too. The journalist wrote that Gord described the song as being about the UN and the complexities surrounding this controversial entity. This blew my mind and I immediately began re-evaluating the song, trying to decipher the lyrics and apply my personal experience - I'd witnessed the UN ego and power first hand.

"His lyric about 'When the appearance of conflict meets the appearance of force' was now the perfect metaphor for the incredible circumstance and authority that came together there. I've not always been forthright with journalists as far as the true meaning behind songs I've written and I wouldn't be surprised if Gord was trying to throw the journalist off his lyrical scent. Regardless, 'Grace Too,' has a strength and weight that feels beyond this world."



Ron Sexsmith: Ahead by a Century

"As a fan of melody, I've always loved Ahead By A Century. I don't claim to know exactly what it's about but it reminds me of childhood and of things being predestined in a similar way that the song Comfortably Numb by Pink Floyd does. Endlessly thought provoking."

Adrian Sutherland of Midnight Shine: Fiddler's Green

"It seems to me he's singing about a mother and her son longing for something — a husband and father. In some strange way, I could relate to what he's singing about. (I used) to cover the tune many moons ago."



POLITICS

Be careful with anthem advises Trudeau

Whether it's an off-the-wall rendition or changing the lyrics, Prime Minister Justin Trudeau has a message for people seeking to change the national anthem: be careful.

Trudeau says anthems are important and should only be changed with care and proper process.

He pointed to the process underway in Parliament now to change the lyrics of O Canada from "in all thy sons command" to "in all of us command."

He told Global News Thursday artists need to be careful when they try to express themselves through a piece that's so cherished and symbolically important for Canadians.

> **I think artists need to be very, very careful**
> Prime Minister Justin Trudeau

Trudeau had been asked about the recent controversy involving a Tenors member who altered the lyrics to O Canada prior to the Major League Baseball all-star game.

Remigio Pereira has since apologized for changing the verse "With glowing hearts we see thee rise, the True North strong and free," to "We're all brothers and sisters, all lives matter to the great."

"I think people, whether it's a particularly off-the-wall rendition of it, or changing the words of it, I think artists need to be very, very careful when they try to express themselves through a piece that is so cherished and symbolically important for Canadians," Trudeau said.

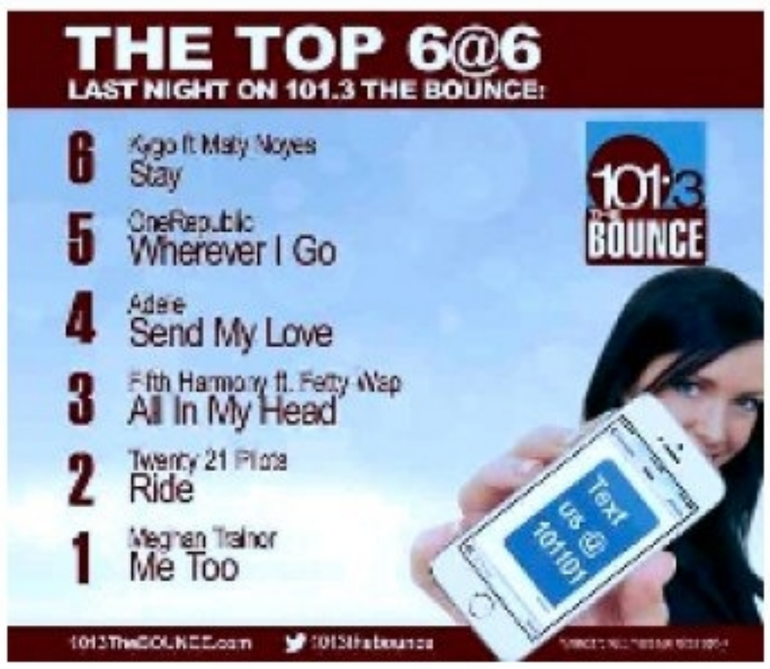
Efforts to formally change O Canada can be controversial.

The bill to do so was put forward by Liberal MP Mauril Belanger, who currently has Lou Gehrig's disease.

His deteriorating condition spurred efforts to fast-track the legislation through the House of Commons, but the Opposition Conservatives say there should be more public consultation.

The bill is currently before the Senate.

THE CANADIAN PRESSZZ



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Prague bans Segway scooters in historic centre

Read this, Mr. Customs Officer

AMERICA

History, great eats — why *wouldn't* you visit Philly?

Loren Christie
For Metro Canada



When I told the American customs officer we were headed to Philadelphia, he was skeptical. "Why?" he asked incredulously. Unfortunately I had no rebuttal at the time, but after 48 hours discovering this historic city I would come up with plenty of ammunition.

The eclectic neighbourhoods

Philly, we discovered after two solid days of walking, feels like 10 cities in one.

There are areas dedicated to cultural interests; my highlights were the Parkway Museums District, including the juggernaut Philadelphia Museum of Art, and the historic old city, which is home to the some of the most important moments in U.S. history such as the creation and signing of the Declaration of Independence.

There are also neighbourhoods that are lower key, such as the residential area of Society Hill, with its beautifully kept brick town homes and grittier feeling South Street.

Walking around City Hall, which looks like a grand Louis XIV French palace, we gawked at the incredible architecture.

The Spruce Street Harbor Park was the perfect place to grab a beer and people watch. For the last three years forward thinking city officials have created a pop up park for the summer months. Partly constructed out of floating barges moored along the Delaware River, visitors can grab higher end grab-and-go food from cargo containers, play arcade games or chill out in the hammock garden or on a net suspended over the river.





Philadelphia, which hosts the Democratic National Convention from July 25-28, is rich in American history — and delicious food. LOREN CHRISTIE

The Food

Upon arrival, we headed to the bar at the funky Hotel Palomar where we struck up a conversation with a self-professed foodie named Matt.

He recommended booking a table at nearby Vernick.

It was hands down the best meal I have had in recent memory; tuna with foie gras and rhubarb, a romaine and fig salad that was out of this world and wood-fired organic Amish chicken.

Over the course of the weekend, we realized this was not a one off.

We enjoyed stylish Italian comfort food the following night at Little Nonna's in the "gayborhood" and fantastic Philly cheesesteak lunches in the Reading Terminal Market, a vibrant food market in the heart of the city.

A lot of places bill themselves as foodie destinations, Philadelphia actually is one.

I like to be surprised and Philly was an unexpected delight. Easy and friendly, it felt like the best of Washington, Boston and Chicago combined. Mr. Customs Officer, next time I'll have my answers ready.

Fantastic FALL Getaways[1] Book by July 31

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ALL PHOTOS BRENDAN VAN SON

Europe's most underrated cities

While famous European cities such as Paris, London and Rome swell with tourists year-round, there are still plenty of under-visited destinations on the continent.

And while many first-time visitors may stick to the usual subjects in Europe, savvy travellers know there are plenty of worthy places to see off the tourist trail. Here are five of those cities.

TORSTAR NEWS SERVICE

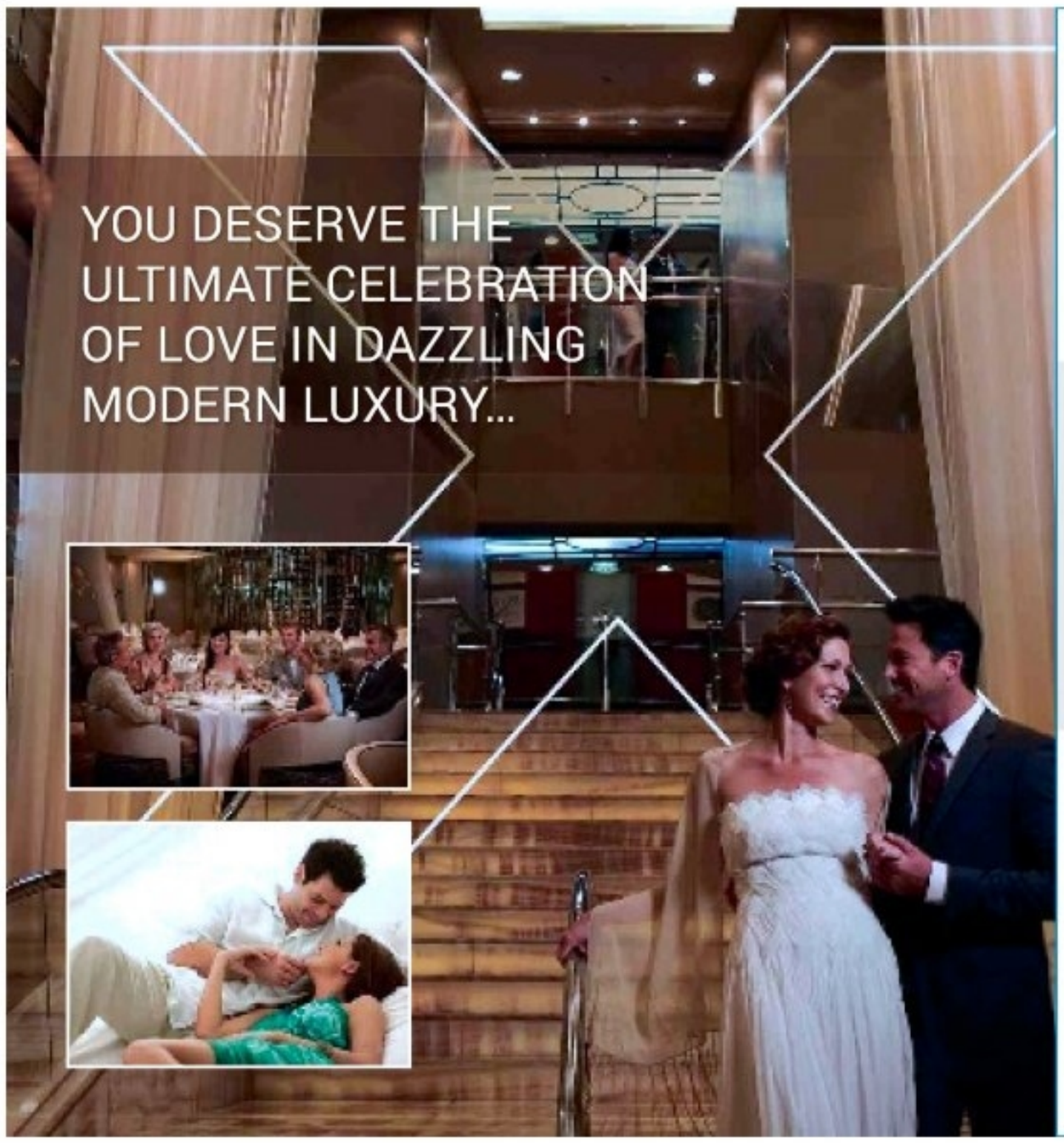
1. **Kotor, Montenegro** — If there's any destination on this list poised to jump from underrated to extremely popular, it's the town of Kotor. This Montenegrin gem is situated within the southernmost fjord in Europe.

2. **Gdansk, Poland** — Almost completely destroyed by bombings during World War II, Gdansk has since been restored to its former beauty. Cute canals, narrow townhouses, and lively squares make this city a feast for the eyes.

3. **Meteora, Greece** — To add to the drama of this incredible pillared landscape, many of the geological features are topped by ancient monasteries.

4. **Belfast, Northern Ireland** — Belfast is a wonderful city, though it still suffers from a bad reputation. However, those who spend time in Belfast quickly fall for the history, counterculture, incredible murals, and its people.

5. **Tallinn, Estonia** — One of the most incredible things about Tallinn is looking down from its high ancient walls. You can see the rings of history — a medieval centre, drab socialist buildings surrounding it, and the modern city that encapsulates it all.



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HÚH! A THUNDERCLAP FOR MYSTICAL ICELAND

Now that Iceland's spellbinding Viking football cheer has been adopted the world over and its Canada-born first lady Eliza Reid is capturing praise for her intelligence and style, there's no better time to visit. Here are some of the country's most astounding experiences.

WORDS AND PHOTOS MELITA KUBURAS/METRO



Feel the White Noise

If Reykjavik is where you plan to stay, a day trip to West Iceland and the Snaefellsnes Peninsula will inspire a post-modern feeling right out of Don DeLillo's White Noise: "It's like I'm in a car commercial," you'll find yourself thinking, as the icecap-covered volcano looms above. Renting a car to visit iconic sights closer to the city such as Geysir (seen right) is much more fun than taking bus tours, which can also be costly. Plus, having a car gives adventurers the freedom to go chasing after lesser-known waterfalls — they are everywhere — and take hikes to see the ones that are more difficult to get to.





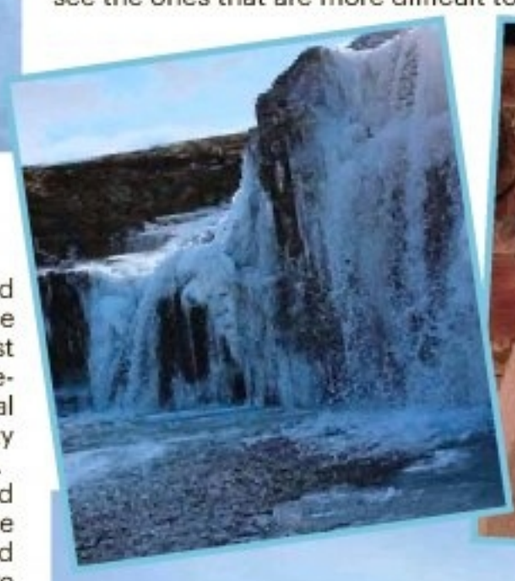


Hot, hot geo-location

Iceland's tectonic plates and active volcanoes will intrigue even those with little interest in geomorphology. That's because the island's geothermal activity translates into beauty you can see, feel and taste.

Rye bread can be baked overnight by burying it in the ground where geo-heated water cooks it, as seen here at the Laugarvatn Fontana spa.

While the Blue Lagoon is quite touristy, it's worth as a stop on the way to or from Keflavik International Airport to soak stiff muscles and a tired brain. For a cheaper spa day, visit any public swimming pool as most are geothermally heated, and will only cost about $10 for a visit.







Whale steak and moldy cheese

Maybe it's the sea salt, the ocean air, or the careful way that the rich ingredients are assembled, but food is really delicious in Iceland. For a taste of local specialties visit Ostabudin in Reykjavik — if you're not venturesome enough to try their grilled minke whale steak, opt for a charcuterie platter of smoked goose meat, mutton, moldy cheeses and cured horse.

A place called Smakk Barinn offers Icelandic tapas served in a row of four or six little jars. One woman says she ordered all of the seafood items, while her partner got all six of the meat dishes — a smart ordering strategy. Develop your own.

NOT A TOURIST | A letter from Mark Stachiew in Iceland

Journey to the centre of a hidden gem

The view from atop Iceland's mighty Langjökull glacier on a sunny day is spectacular, but we've come to see what's inside.

People have been coming to the top of the Long Glacier (a translation of its Icelandic name) on snowmobile tours for a long time, but some entrepreneurs thought it would be great if they could tunnel into the ice so people could see the beauty hidden within this massive glacier in the Highlands of Iceland.

After years of research and red tape, the dream became a reality in 2014 when half a kilometre of tunnels were bored into the ice and they started bringing people inside. The year-round attraction has proven so popular that last year they were closed for just 14 days — and that's only because the weather was bad.



The weather must have been apocalyptic because visitors ride to the mountaintop aboard towering, eight-wheeled trucks that were once used as missile carriers by NATO. These motorized beasts normally navigate the snowy route to the top with ease.

After descending from these impressive vehicles, we spend some time admiring the view of the surrounding mountains, then drop into the glacier, and experience something like going into a mineshaft. Everyone puts crampons over their shoes to avoid slipping on the slushy floor. The temperature inside is at the freezing point. It's cool, but not uncomfortable.

The glacier walls are marked with horizontal lines. Like the rings of a tree, these lines show the age of the glacier.

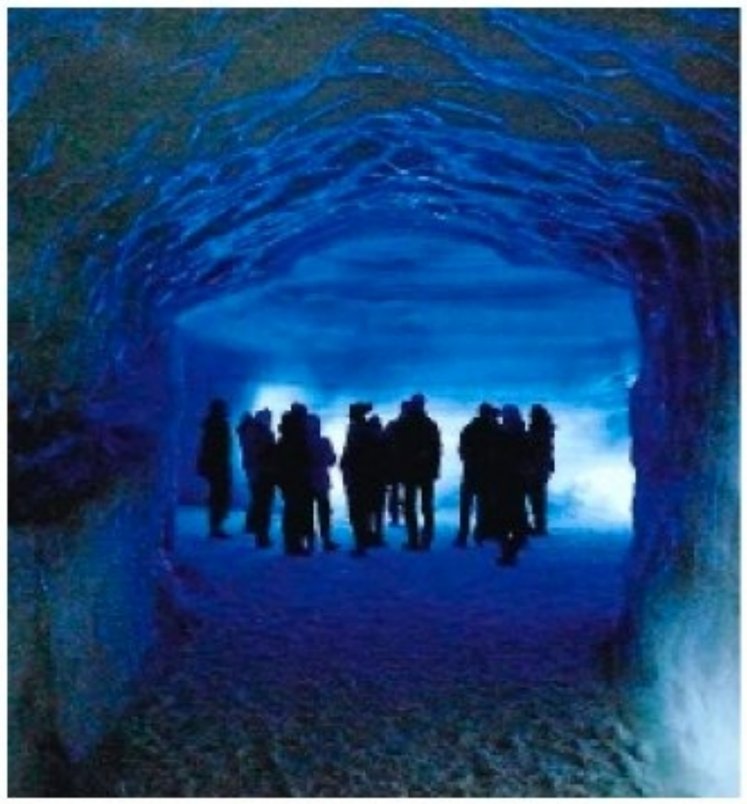
Each line represents a year of ice deposit. Some years there is less ice, some years there is more and some are outlined in black, indicating the presence of volcanic ash.

The most recent of these was the massive 2010 eruption of the volcano with the unpronounceable name, Eyjafjallajökull.

With coloured lights to guide the way, the tunnels and rooms carved into the glacier are ethereally beautiful.

As we explore, our guide explains the history and science behind the ice sheet and uses it as a teaching moment about global warming.

Langjökull glacier has been sitting astride these mountains for 4,000 years, but our guide explains that it is shrinking and could be gone in less than 150 years if current warming trends continue. "You're on vacation now so you don't have to think about that. Think about it when you get home," he said. After walking into the beating heart of a glacier, it's hard not to.



The Langjökull glacier's walls are marked with lines showing ice deposits that are not unlike the rings of a tree.
MARK STACHIEW/FOR METRO



metro SPORTS

"This will scare a lot of people ... the sport is serious, we want a clean sport": Usain Bolt on the Russian track-and-field ban

MacLennan to spring Canadian squad into Rio

OLYMPICS

Flag-bearer gig for opening ceremony goes to trampolinist

Heading into her third Olympic Games, trampoline gymnast Rosie MacLennan is a defending gold medallist who has seen everything her high-flying, dangerous sport can throw at her.

But the 27-year-old has never had a week like this past one.

She got a call last Wednesday from Curt Harnett, Canada's chef de mission at this year's Games in Rio. The three-time Olympic medallist gave her the news that she would be Canada's flag-bearer for the Games' opening ceremony, making her the first gymnast to receive that honour.

Then she had to sit on that news for a week.

"It is a hard secret to keep because obviously it's something I'm incredibly proud about," MacLennan said in a conference call from Ottawa on Thursday, after Prime Minister Justin Trudeau had introduced her at Parliament Hill as the flag-bearer.

"My boyfriend was there when I got the news so he found out and he was able to be (in Ottawa) too. Wednesday night I kind of mentioned to my family that they should maybe watch the announcement," she said, laughing.

MacLennan, who is from King City, Ont., will lead 314 Canadian athletes into the opening ceremony in Rio on Aug. 5.

"Rosie is awesome. She epitomizes what it means to be a leader in the sporting world and has shown how sheer grit and determination can make you a champion," Harnett said in a press release. "I look forward to marching into the opening ceremony with Rosie leading the pack."



GETTY IMAGES

MacLennan is the first gymnast to be flag-bearer at the opening ceremony but, as she has in her career, she follows fellow trampoline gymnast Karen Cockburn in carrying the flag. Cockburn was the flag-bearer in the closing ceremony for Canada in Beijing in 2008.

"I'm really incredibly proud to be representing gymnastics in trampoline. It's a sport that I'm truly passionate about," MacLennan said. "I've been doing it for 20 years now and I think it's a great privilege to be the first person to carry it into the opening ceremonies, but also to be following in Karen's footsteps."

MacLennan was front and centre in a brief ceremony Thursday morning. Flanked by Canadian Olympic Committee officials and Trudeau, MacLennan looked as though she took a breath to keep her cool as the PM introduced her.

"It was incredible," she said. "It was great that he took the time out of his obviously busy schedule to attend the announcement and it was an honour for him to introduce me.

"I think he's been a great supporter of sport and I know he'll be cheering the team on. It was a huge privilege to be there." TORSTAR NEWS SERVICE



Rosie MacLennan waves the Maple Leaf next to Prime Minister Justin Trudeau on Thursday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

DOPING SCANDAL

Russians lose appeal for track team ban

Now that Russian track and field athletes have failed in their effort to have their Olympic ban overturned, it's up to the IOC to decide whether to kick the entire Russian team out of the Games that begin in Rio de Janeiro in 15 days.

In another blow to the image of the sports superpower, the highest court in sports on Thursday dismissed an appeal by 68 Russian track athletes of the ban imposed by the IAAF following allegations of systematic and state-sponsored doping.

Sports officials in Moscow condemned the ruling as "political," and said some athletes might take their case to civil courts.

"Let all these pseudo-clean foreign athletes breathe a sigh of relief and win their pseudo-gold medals without us."

Russian Olympic pole vault champion Yelena Isinbayeva

In its ruling, the Court of Arbitration for Sport found that track and field's world governing body, the IAAF, had properly applied its own rules in keeping the Russians out of the Games that begin Aug. 5.

The three-man panel ruled that the Russian Olympic Committee "is not entitled to nominate Russian track and field athletes to compete at the Rio 2016 Olympic Games considering that they are not eligible to participate under the IAAF competition rules."

THE ASSOCIATED PRESS

14

A group of 14 national anti-doping agencies sent a letter to IOC president Thomas Bach urging a complete ban "to uphold the Olympic Charter and the integrity of the Rio Olympic Games."

IN BRIEF

Johnson in tie for lead at Canadian Open

Dustin Johnson made an eagle putt on the 18th hole to become co-leader at the RBC Canadian Open on Thursday in Oakville, Ont.

The American, ranked No. 2 in the world, entered into a tie with Luke List at 6-under 66. List was the clubhouse leader after morning play.

Amateur Jared du Toit of Kimberley, B.C., eagled the par-4 17th hole at Glen Abbey Golf Club then birdied 18 to tie for second at 5-under 67.

THE CANADIAN PRESS

10 arrested in alleged Olympics terror plot

Brazilian police arrested 10 people who allegedly pledged allegiance to the Islamic State group on social media and discussed possible attacks during the Rio de Janeiro Olympics, officials said Thursday.

Justice Minister Alexandre de Moraes said in the capital, Brasilia, that 10 suspects had been detained and two more were being sought. All are Brazilian, and one is a minor.

THE ASSOCIATED PRESS

HOCKEY

Four Nova Scotians named to national women's camps



Kristen Lipscombe
Metro | Halifax

Four of Nova Scotia's top female hockey players are heading to Calgary next month to take to the ice with the best in the country.

Defenceman Julia Scammell of Truro and forward Brette Pettet of Kentville, both 17, will be attending the National Women's Under-18 Team Summer Showcase, while defencemen Allie Munroe, 19, of Yarmouth and Savannah Newton, 20, of Middle Sackville are set to attend the National Women's Development Team Summer Showcase.

The national-level camps, which are part of the National Teams' Summer Showcase, are taking place Aug. 17-21.

Hockey Canada announced the 85 players invited to Calgary for this year's under-18 and under-22 summer women's camps this week.

Scammell and Pettet will be in the running for national under-18 team, which will face off against the United States for a three-game series Aug. 18-21 in Calgary.

Munroe and Netwon will be in contention for spots on national development team, which will also play three games against the Americans, Aug. 17-20 in Calgary.

Sweden's women's team and selected Canadian Interuniversity Sport players will take part in the summer camp.

Strasburg no longer perfect

NATIONAL LEAGUE

Nats righty done in by 'a couple of pitches' to fall to 13-1 on season

By the time Stephen Strasburg settled down and looked like his dominant self, it was too late and his undefeated season was over.

Strasburg struck out 10, but allowed six runs and seven hits including two home runs and the Washington Nationals lost to the Los Angeles Dodgers 6-3 on Thursday. It's Strasburg's first loss since Sept. 9, ending a streak of 16 consecutive winning decisions.

"During the streak he was outstanding," manager Dusty Baker said. "You know every streak is going to end. That's the best streak I've ever seen I think. Now you just go back to the drawing board and start a new streak."

The all-star right-hander allowed two- and three-run home runs to third baseman Justin Turner in the first and third innings and an RBI single to first baseman Adrian Gonzalez. After Turner's second home run, Strasburg retired 12 of his final 13 batters.

"It was just a couple of pitches where I just didn't execute when I needed to, and I got beat on them," Strasburg said. "Once I got past those first couple innings I started throwing more first-pitch strikes."

Strasburg (13-1) had the longest winning streak to begin a season among National League starters since Rube Marquard of the New York Giants went 18-0 in 1912. The Dodgers hit the ball hard against him early, but he had that unstoppable stuff in his final three innings.

At the plate, Strasburg's teammates couldn't crack Dodgers left-hander Julio Urias, who allowed one run and five hits in four innings. Bryce Harper drove in Trea Turner with a sacrifice fly in the first, Danny Espinosa had an RBI double and Daniel Murphy an RBI single off the Los Angeles bullpen.

The Nationals left 12 runners on base in losing to the Dodgers for the fifth time in six games this season.

"We were fighting back," Baker said. "We were stealing bases. We were trying to get runners in scoring position, which we did. We left 12 men on bases. We had opportunities to get back into that game."

THE ASSOCIATED PRESS



Stephen Strasburg still struck out 10 Dodgers despite a rough start on Thursday. MITCHELL LAYTON/GETTY IMAGES

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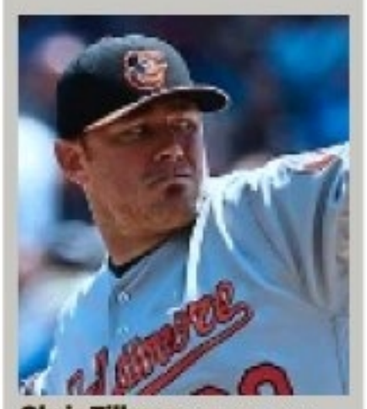
ORIOLES 4, YANKEES 1

Chris Tillman tied for the major league lead with his 14th win, pitching four-hit ball for seven innings and helping the depleted Baltimore Orioles avert a four-game sweep at Yankee Stadium, beating New York 4-1 Thursday.

The Orioles had lost four straight overall, costing them their lead in the AL East. The Yankees had won four in a row.

Baltimore slugger Chris Davis, shortstop Manny Machado and manager Buck Showalter returned from a stomach bug that's hit the clubhouse.

THE ASSOCIATED PRESS



Chris Tillman GETTY IMAGES

LGBTQ LAW

NBA takes stand on HB2, moves all-star out of Charlotte

The NBA is moving the 2017 all-star game out of Charlotte because of its objections to a North Carolina law that limits anti-discrimination protections for lesbian, gay and transgender people.

The league had been in opposition to the law known as HB2 since it was enacted in March, and its decision Thursday came shortly after stage legislators revisited the law and chose to leave it largely unchanged.

"While we recognize that the NBA cannot choose the law in every city, state, and country in which we do business, we do not believe we can successfully host our All-Star festivities in Charlotte in the climate created by HB2," the NBA said in a statement.

The NBA said it hoped to announce a new location for the event shortly. It hopes to reschedule the 2019 game in Charlotte.

"We understand the NBA's decision and the challenges around holding the NBA All-Star Game in Charlotte this season. There was an exhaustive effort from all parties to keep the event in Charlotte, and we are disappointed we were unable to do so," Hornets chairman Michael Jordan said. "With that said, we are pleased that the NBA opened the door for Charlotte to host All-Star weekend again."

THE ASSOCIATED PRESS



Michael Jordan GETTY IMAGES

NHL

Leafs, Matthews agree to deal

To hear Lou Lamoriello tell it, the Maple Leafs general manager might have wrapped up top draft pick Auston Matthews' contract negotiations between bites of a sandwich.

The 18-year-old Matthews, whom the Leafs hope will become their first franchise centre since Mats Sundin, has been rewarded with a three-year entry-level deal with the maximum bonuses allowed under the NHL's collective bargaining agreement.

"The agreement took place within, I would say, 10 minutes of the first conversation (agent) Pat Brisson and I had when we talked about Auston's contract," Lamoriello said on a conference call Thursday.

The second through fourth picks in last month's NHL draft had already signed. And Toronto media speculated that the delay in stamping Matthews' deal might be due to Lamoriello's distaste for entry-level bonuses.

Lamoriello denied that, saying Matthews getting the maximum entry-level deal allowed under the collective bargaining agreement was never an issue.

"Auston was No. 1 overall. The agreement that he has with the Toronto Maple Leafs and his contract, he's earned this. He deserves what he is getting and there was never a question from us on this."

Matthews will get the maximum entry-level salary of $925,000 US plus potential bonuses of $2,850,000.

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IN BRIEF

Cilic parts ways with legend Ivanisevic

Marin Cilic has split with coach Goran Ivanisevic after nearly three years of co-operation that included winning the U.S. Open in 2014.

The 12th-ranked Croat said Thursday on his Facebook page that he "enjoyed our work all this time and Goran helped me to reach many goals." THE ASSOCIATED PRESS



Marin Cilic GETTY IMAGES

Leader Froome wins 18th

Chris Froome won a mountain time trial to extend his overall lead at the Tour de France in the 18th stage on Thursday.

Taking his second stage win of this year's Tour, Froome finished 21 seconds ahead of Dutch rider Tom Dumoulin over the 17-kilometre route from Sallanches to the Megeve ski resort. THE ASSOCIATED PRESS



Chris Froome GETTY IMAGES

Gotze rejoins Dortmund

Borussia Dortmund is bringing back forward Mario Gotze from Bayern Munich.

Gotze left Dortmund for Bayern in 2013 but was mostly a bench player under Pep Guardiola. New coach Carlo Ancelotti reportedly did not try to keep Gotze who scored the winning goal for Germany in the 2014 World Cup final.

THE ASSOCIATED PRESS



Mario Gotze GETTY IMAGES

Study: Less blood flow for concussed



Julia Hamer still feels the effects of a concussion she suffered five years ago. ST. MICHAEL'S HOSPITAL/HANDOUT/THE CANADIAN PRESS

HEALTH

Head trauma could be linked to long-term brain changes

Looking back now, volleyball player Julia Hamer admits she feels like an "idiot" for not recognizing signs of a concussion.

This was back when she was playing for the junior national team at age 19, and was smacked in the head by a volleyball.

It was the second blow in six weeks, the first coming from a dive into the bleachers that put her out of the game for three weeks.

After that first injury — in which she was diagnosed with a concussion — she suffered dizziness, confusion, chronic migraines and lost her sense of taste.

The second blow seemed mild by comparison, so she only took a few hours off before returning to the court, despite immediate nausea and dizziness.

"I was a little bit worried but at the same time I thought, 'Oh, I'm probably fine. I couldn't have got a concussion from that, it was just a hit in the head,'" Hamer remembers telling herself.

> **It doesn't just vanish after a couple of months.**
> Study author Nathan Churchill

Five years later, the migraines persist, her sense of smell hasn't fully returned and she's not entirely sure she's regained her full visual acuity.

A new study published Thursday in the Journal of Neurotrauma suggests concussions could be linked to long-term physical changes in the brain.

Researchers from St. Michael's Hospital in Toronto used advanced Magnetic Resonance Imaging to examine the brains of 43 male and female university athletes — 21 with a history of concussion and 22 without.

The study found marked differences in the brains of athletes with prior concussions, including less blood flow to certain areas and smaller frontal lobes — the part of the brain responsible for decision-making and impulse control.

Athletes with a history of concussions had brain volume that was 10 to 20 per cent less than the athletes who hadn't suffered a concussion. The athletes who had suffered a concussion also had 25 to 35 per cent less blood flow to some areas of the brain, especially the frontal lobes.

THE CANADIAN PRESS

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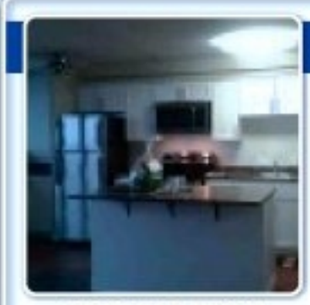
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- 1/4 tsp pepper
- For the Chimichurri
- 1/2 cup packed fresh basil
- 1/2 cup packed fresh flat-leaf parsley
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- 2 tsp lime juice
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- 1/8 tsp pepper

Directions

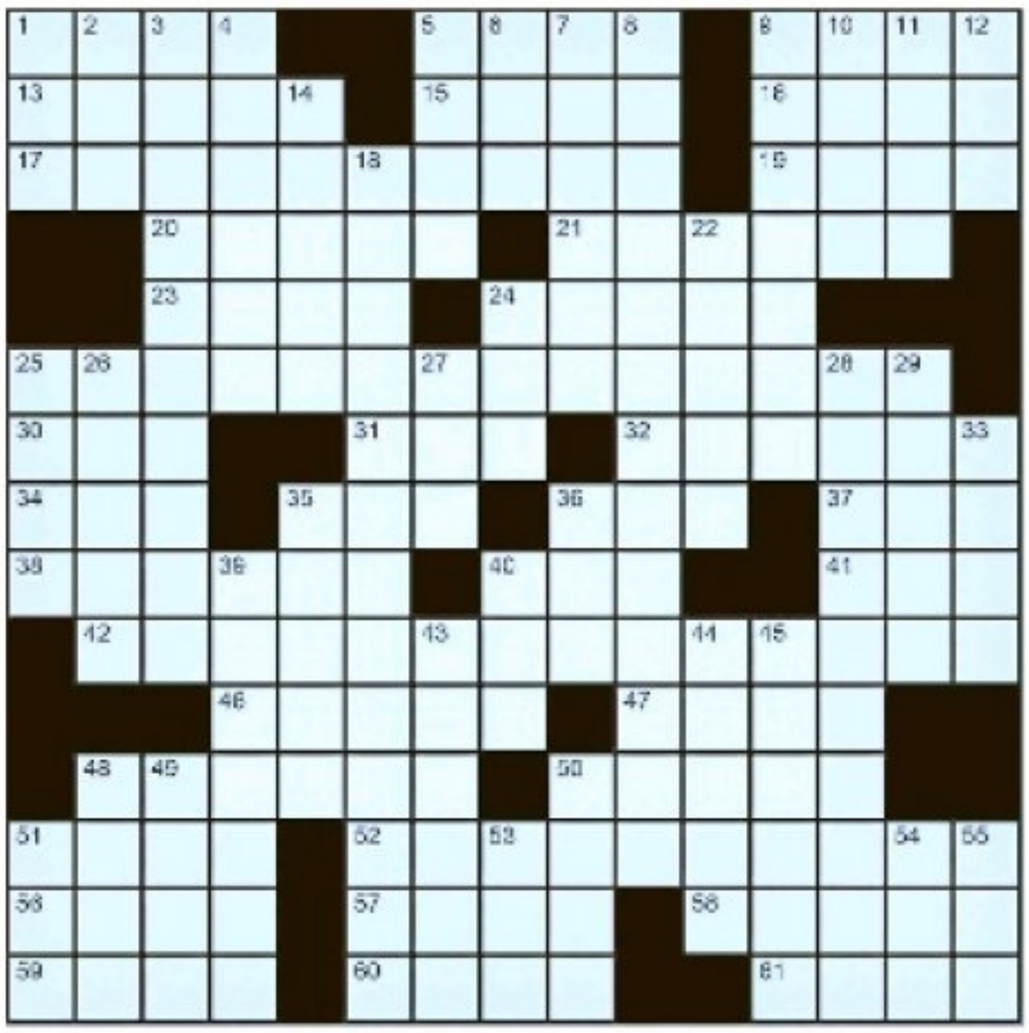
1. Place the basil, parsley, cilantro, oil, garlic, lime, vinegar, anchoive paste, salt and pepper in a blender. Process until smooth. Pour into a serving bowl. Preheat the broiler and coat a pan with cooking spray.

2. Combine the salt, coriander, cumin, oregano and pepper. Sprinkle the mixture over both sides of the steak. Place steak on the prepared pan and broil in oven for 4 minutes per side. Transfer steak to a cutting board and allow to rest 5 minutes. Cut against the grain into 1/4-inch wide strips. Serve with chimichurri spooned over top with fresh greens and sliced cherry tomatoes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Night personified, in Norse myth
5. Biblical land
9. Skipping _
13. "See _ _ Saturday!" ...exclaimed the up-coming-weekend-get-together attendee
15. A _ _ (Record company division)
16. Face shape
17. "U-571" (2000) rocker/actor: 3 wds.
19. Repair
20. "O Canada! Terre _ _ aieux..."
21. Mystery writer awards
23. Jackie Wilson's "_ Petite"
24. Inert gas
25. Principal photography for this new sci-fi movie took place in Vancouver and Squamish: 3 wds.
30. Y-ending word's plural suffix
31. Britannica, e.g.
32. Rollick
34. Ben-Hur author Mr. Wallace
35. '60s hallucinogen
36. Not is
37. Presidential hubby of Nancy ...his monogram
38. How journalists might get info: 3 wds.
40. Track circuit
41. Even if, briefly
42. "Rocket Robin Hood", e.g.: 3 wds.
46. Mr. Brolin's
47. Oohs and _
48. Dessert creation
50. _ Clarke (1889 Sir Arthur Conan Doyle novel)
51. Volcanic rock
52. Twisted Sister hit: 3 wds.
56. Farm team
57. "Hina _ _ (Celebration)" by Susan Aglukark
58. _ Linda, California
59. Ms. Lollobrigida
60. Hold
61. Loch _ Monster

DOWN
1. Big Apple football team [acronym]
2. Greeting card 'hugs'
3. Waterfowl that summers in the Canadian Arctic (Trivia! When flying, its wings make a whistling sound): 2 wds.
4. July 22nd to July 24th, 2016... 'Golden' drink/culinary/music event in Canada's largest city, _ _ _ Festival
5. Mil. ranks
6. Artist Yoko
7. Part of speech
8. Canadian actor Harpreet Sandhu's role in #25-Across: 2 wds.
9. House of _ (Anastasia's family)
10. Throughout
11. Cook's needs
12. Past time
14. Three trios
18. Private property warning: 2 wds.
22. Many paintings at Madrid art museum El Prado
24. US dog org.
25. Barn's pal
26. "Lovergirl" by _ Marie
27. Finish
28. Vancouver's range, _ _ Mountains
29. Long-running Brit sci-fi TV series, shortened up here: 2 wds.
33. Old-fashioned 'think'
35. Chauffeured rides
36. Bundle
39. City in Mexico
40. Guitarist Mr. Paul
43. World event, for instance, of 1940s history: 2 wds.
44. Hip-style holiday
45. Kelly Osbourne's mum
48. Singer, _ Priest
49. Stove
50. In-a-row letters
51. Journal
53. Sushi tuna
54. "60 Minutes" network
55. '_' _ in Kingston

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The next four weeks are the perfect time for a vacation. It's also your time to enjoy flirtations, romance, love affairs, playful times with children and the arts. Enjoy!

Taurus April 21 - May 21
Home, family and your private life will be your main focus for the next four weeks. Many of you will want to redecorate and make your home look more attractive.

Gemini May 22 - June 21
You are naturally curious, and you like a busy pace. This is why you will love the next four weeks — you've got places to go, things to do and people to see!

Cancer June 22 - July 23
Money, cash flow, earnings, possessions and major purchases are top menu items for you in the next four weeks. Trust your moneymaking ideas. Expect to shop for goodies for yourself and loved ones.

Leo July 24 - Aug. 23
The next four weeks are your chance to recharge your batteries for the rest of the year. You will attract people and favorable situations to you. Yay!

Virgo Aug. 24 - Sept. 23
Use the next four weeks to make plans for what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines.

Libra Sept. 24 - Oct. 23
You have a popular month ahead! Accept all invitations and enjoy the company of others, because you will shine in their eyes.

Scorpio Oct. 24 - Nov. 22
People will admire you in the next four weeks, especially bosses, parents and VIPs. Take advantage of this to push your agenda and ask for what you want.

Sagittarius Nov. 23 - Dec. 21
If you can travel or get out of town in the next four weeks, you will love it. You need to do something different to expand your horizons.

Capricorn Dec. 22 - Jan. 20
Tie up loose details in the next month regarding inheritances, shared property and debt. (Whatever you do probably will end up being to your advantage.)

Aquarius Jan. 21 - Feb. 19
You will need more rest in the next four weeks, because you will feel tired. Meanwhile, friendships and partnerships will be your strong focus.

Pisces
Feb. 20 - March 20
Do whatever you can in the next four weeks to get better organized. Suddenly you have a desire to be efficient, effective and productive! "Tickety-boo!"

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4					1	3		8
	2		7	3		4	1	
					5			2
	6	7		9	3			
		4		7		8		
			6	8		1	9	
6			8					
	1	8		4	7		3	
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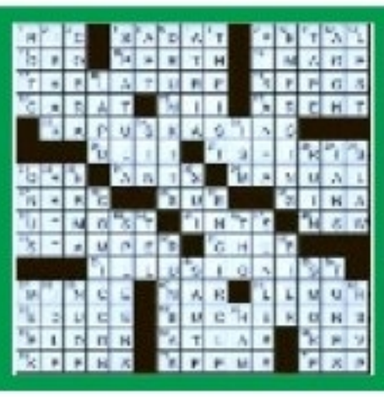
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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6	1	3	8	2	7	9	5	4
4	7	9	5	1	6	8	2	3
2	5	8	4	3	9	7	6	1
7	6	5	2	8	3	4	1	9
1	3	4	6	9	5	2	8	7
8	9	2	7	4	1	6	3	5
5	2	7	1	6	4	3	9	8
9	8	1	3	7	2	5	4	6
3	4	6	9	5	8	1	7	2

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